

# **Idaho Council on Suicide Prevention**

2019 Annual Report to

Governor Brad Little

and the Idaho State Legislature



# Idaho Council on Suicide Prevention

Linda Hatzenbuehler  
PO Box D  
Pocatello, Idaho 83205  
hatzlind@isu.edu  
spp.dhw.idaho.gov

## Council Members

Linda Hatzenbuehler

Sen. Fred Martin

Krissy Broncho

Sharon Fritz

Jeni Griffin

Pam Oliason

Dotti Owens

Catherine Perusse

Mary Pierce

Neva Santos

Carmen Stanger

Eric Studebaker

Renee Waite

Stewart Wilder

## December 2019

On behalf of the Idaho Council on Suicide Prevention it is my honor to present our annual report highlighting the suicide prevention activities that occurred in Idaho in 2019.

2019 was another “watershed” year for suicide prevention activities in Idaho. The new Suicide Prevention Plan, developed during 2018, was finalized and published and a number of organizational changes associated with the prevention of death by suicide occurred.

The most significant suicide prevention development in 2019 was the creation of an action-oriented, collective entity whose focus is to assure that the strategic goals contained in the 2019-2025 Suicide Prevention Plan in Idaho are in fact implemented. The Idaho Suicide Prevention Action Collective (ISPAC) flowed from the 2018 planning process and establishes a mechanism within the state that focuses on the action planning and implementation processes needed for the strategic goals to be accomplished. ISPAC will operate using the “collective impact” model to assure that the multiple constituencies involved in the strategic planning process continue to be involved in action planning and implementation. The Suicide Prevention Program has used ISPAC to help develop annual action-oriented priorities and the funding requests needed to implement those strategies.

Based upon recommendations for ISPAC, the IDHW highest priority for new funding submitted to the 2019 legislature was a request for additional funding for suicide prevention activities. The request was lofty, and not fully funded; however, some new state appropriations were funded. These new funds assisted in developing regionally based suicide prevention activities. The new state funding is being directed toward three Health and Welfare regions to assist them in establishing regional collaboratives that will bring together key constituents to find new ways of working together to decrease death by suicide in their perspective areas of the state. In addition to the new state funding earmarked for suicide prevention activities, grant funding was awarded to St. Luke’s Hospital to study the impact of preventing deaths by suicide by following up on individuals who have accessed emergency rooms for care when in crisis or following an actual suicide attempt. Given the directives concerning budget requests for FY2021, no new decision units will be submitted by the Suicide Prevention Program.

SPAN Idaho dissolved as an organization in February of 2019 due to funding shortfalls. Fortunately, six of the eight regional chapters of SPAN Idaho continue to function, and some have developed into 501C3 nonprofit organizations capable of accepting donations. The partners reports attached to this report includes information from several of those regional advocacy organizations. The Suicide Prevention Program, funded within the Division of Public Health, was folded into the new Center for Suicide Prevention and Drug Overdose Prevention in the Division of Public Health and a new administrative position was created to oversee the new center. Because of the use of many acronyms in the report, we have included a list of acronyms and their meanings in the appendix of this document to assist readers.

With the development of ISPAC, the Council has had an opportunity to refine and stabilize its role in preventing death by suicide in Idaho. The Council serves the governor's office and, therefore, the citizens of Idaho serving as the overseer of the State Suicide Prevention Plan and providing annually a single report of data and suicide prevention activities that have occurred throughout the state. We look forward to meeting our responsibilities in a conscientious manner in 2020.



Linda C. Hatzenbuehler, Ph.D. Chair  
Idaho Council on Suicide Prevention

# Contents

2019 Accomplishments Highlights .....	1
PARTNER REPORTS .....	11
American Foundation for Suicide Prevention .....	12
Community Suicide Prevention .....	15
Idaho Academy of Family Physicians .....	17
Idaho Army National Guard Suicide Prevention Program .....	19
Idaho Suicide Prevention Coalition .....	22
Idaho Commission on Aging (ICOA).....	23
Idaho State Department of Education.....	25
Idaho Suicide Prevention Hotline .....	27
Idaho Juvenile Justice System .....	29
Idaho Suicide Prevention Program (SPP).....	32
Magic Valley Suicide Awareness and Prevention .....	35
Mini-Cassia PAuSe.....	36
Shoshone-Bannock Tribes .....	38
Southeastern Idaho Public Health (SIPH) Partner Report .....	41
Suicide Prevention of the Inland Northwest .....	44
United States Department of Veterans Affairs .....	46
Boise Veterans Affairs Medical Center Suicide Prevention Program .....	46
Upper Valley Suicide Prevention .....	48
COLLEGE REPORTS .....	49
Boise State University (BSU).....	50
Brigham Young University-Idaho (BYUI).....	54
College of Idaho (C of I)_ .....	55
College of Southern Idaho (CSI) .....	56
College of Western Idaho (CWI).....	57
Idaho State University (ISU) .....	58
Counseling & Testing Service (Pocatello, Idaho Falls, and Meridian campuses) .....	58
Lewis-Clark State College (LCSC) .....	61

Northwest Nazarene University (NNU) .....	62
University of Idaho (UI) .....	63
Appendix A - Executive Order .....	67
Appendix B – 2019 Council Membership Roster .....	69
Appendix C - Acronyms .....	70

# 2019 Accomplishments Highlights

The following is a brief highlighting of some of the activities in 2019 that occurred in Idaho which addressed each of the new Suicide Prevention Plan goals:

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## 1. Integrate and coordinate suicide prevention activities across multiple sectors and settings

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*This goal is achieved when interest and collaboration of suicide prevention occur across a broad array of organizations in Idaho, and effective, sustainable and collaborative suicide prevention programming are established at the state/territorial, tribal and local levels, including in rural area.*

### Highlights of Specific Activities:

- **The Idaho Suicide Prevention Action Collective (ISPAC)**, with 34 members representing suicide prevention stakeholders across the state of Idaho, have met monthly to monitor the implementation of the Idaho Suicide Prevention Plan 2019-2023.
- **Community Suicide Prevention (CSP)** held a Memorial Walk in September and commissioned a local artist to create a beautiful bench that was placed in the Idaho Falls Community Park. This bench is located within the “Survivors of Suicide Loss” Aspen Grove along with a plaque, which was dedicated by a member of the Idaho Falls Monument along with a proclamation signed by the Idaho Falls Mayor, Rebecca Casper.
- **Idaho Army National Guard** Command appointed Unit Suicide Intervention Officers (SIO). Each SIO completes ASIST(Applied Suicide Intervention Skills) and Army Ask, Care Escort (ACE) Training, advises the commander on annual suicide prevention training requirements, works with Family Assistance Coordinators and Chaplains to develop and maintain a list of federal, state, and local community service agencies for soldier referral, monitors soldiers in crisis and connects soldiers with those agencies, and provides ACE/ASIST training for their unit.
- **Idaho State Department of Education** developed and offered programs and policies that promote social connectedness and promote healthy mental and emotional health for use by educators.
- **Idaho Juvenile Justice System** continues to utilize a core training curriculum, Shields of Care, which is an evidence-based system-focused approach to protecting juvenile justice youth from suicide.

- **Shoshone-Bannock Tribes** was awarded a Suicide Strategic Planning grant and hosted a planning meeting in which 51 people from on and off the reservation attended. Tribal personnel met with 17 surrounding schools to share resources for Native Students that may be suicidal, gave out mouse pads with crisis contact numbers.
- **Southeastern Idaho Public Health** provided audience-specific gatekeeper training for communities in their catchment area. Seven sessions of Question, Persuade, Refer (QPR) were delivered with 67 completed certifications. Three sessions of Adult Mental Health First Aid were delivered with 26 completing certification requirements
- **DHW Suicide Prevention Program** developed an internship program for college students to assist in suicide prevention efforts. One student from Boise State University assisted in revamping the Health Tools, reaching out to all public and private Institutions of Higher Education in Idaho and disseminating suicide prevention material to stakeholders.
- **Boise State University (BSU)** was awarded a Garrett Lee Smith Suicide Prevention Grant and implemented Kognito *At-Risk* as the University's gatekeeper training.
- **Brigham Young University-Idaho (BYUI)** started conducting QPR training on campus to groups of both employees and students.
- **Idaho State University (ISU) Counseling & Testing Service** (Pocatello, Idaho Falls, and Meridian campuses) offered 362 different mental health and wellness education and prevention outreach events which were attended by 10,739 individuals.

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## 2. **Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors**

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*This goal is achieved when there is an increase in clear, coordinated communication efforts, including electronic platforms, that improve knowledge and awareness of the warning signs for suicide and safe crisis intervention strategies that connect with high risk individuals.*

### **Highlights of Specific Activities:**

- **American Foundation for Suicide Prevention** with two volunteers (one from Boise and one from Twin Falls) helped pass the National Suicide Prevention Hotline Improvement act in Washington D.C. which will improve the network and make the lifeline number a 3-digit number when fully executed.
- **Idaho Suicide Prevention Hotline** delivered 8 ASIST Workshops, 5 safeTalk workshops, and 6 workshops during our thrice yearly volunteer training cycles as well as several suicide Talk presentations around the Treasure Valley.
- **Community Suicide Prevention (CSP)** supported the youth group CYA and sponsored their TRAPPED program, sponsored the Distinguished Young Woman of Rigby for a

mental health fair for the high school students, and sponsored the art class of Skyline for the painting of a mural of hope that also includes the hotline number in the downtown area.

- **Idaho Army National Guard Suicide Prevention Program** administered annual Unit Risk Reduction Inventories (URI): The results of this inventory provide valuable information to Unit Commanders about their Soldiers high-risk behaviors in the areas of alcohol and other drug use, unit cohesion (command environment, discrimination, sexual harassment, work performance, and unit relationships), self-perceptions and personal relationships, financial problems, suicide, crimes, sexual practices, verbal and physical abuse, and Army environment. These anonymous, individual surveys allow the service member to be open and honest about their potential high-risk activities that can be indicative of suicidal ideation
- **Idaho Juvenile Justice System** implemented the Sources of Strength program in addition to the standard policies and procedures implemented by IDJC. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults.
- **Idaho State Department of Education State Program Title: Youth Suicide Prevention and Boise State University** implemented the Sources of Strength Program which is a strength-based, peer-led approach to prevention focused on changing social norms, increasing help-seeking, and promoting adaptability to the stress of life that many students face in Idaho elementary, middle/junior high, and high schools and BSU
- **Mini-Cassia Juvenile Probation** participated in the Kindness Rocks Project which was sponsored by Mini Cassia Suicide Prevention, PAUSE, a suicide prevention education and awareness group in the community.
- **College of Southern Idaho (CSI) and the University of Idaho (UI)** participated in World Suicide Prevention Day by engaging in several activities and trainings offered during this week to facilitate awareness of and a conversation around suicide. Swag and resources for help were distributed.
- **College of Western Idaho** posted “Rock Your Role” posters and materials around campus year-round. Information is highlighted on campus TV screens during September and April. Suicide hotline cards distributed around campus – ongoing.
- **University of Idaho** staffed tabling events that promote help seeking and coping strategies, which facilitate peer to peer conversations around mental health and suicide and provides students with resources. The Mental Health Film Series provides students the opportunity to talk about media portrayal of suicide, ask questions, and connect with resources. The Suicide Awareness 5k provides participants the opportunity to engage in physical activity while learning about resources and self-care strategies and see how many others are invested in suicide prevention.



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### 3. Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

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*This goal is achieved when there is an increase in culturally competent, evidence-based and best practice programs that increase protection from suicide risk, and a reduction in the prejudice and discrimination associated with suicidal behaviors and mental and substance use disorders.*

#### **Highlights of Specific Activities:**

- **American Foundation for Suicide Prevention** delivered 29 Evidence Based Suicide Prevention programs across the state reaching over 1,100 Idahoans. Hosted informational tables at 9 different community events reaching over 350 people with evidence-based suicide prevention information.
- **Idaho Army National Guard Suicide Prevention Program** implemented the Beyond the Yellow Ribbon Counseling Services which provides services to all military branches (Active Duty, National Guard, and Reserves), veterans, family members, and retirees by assessing for immediate behavioral health needs and offer free confidential therapeutic support, education and case management.
- **United States Department of Veteran Affairs Boise Veterans Affairs Medical Center Suicide Prevention Program** developed Partnership with Micron and Micron's Veteran Employees Association and provided several trainings on Post Discharge (Understanding Veterans and Service Members Post Deployment, Suicide Prevention and Working with Suicidal Veterans).
- **Lewis-Clark State College and the University of Idaho** participated in Fresh Check Day which is a national annual event emphasizing mental health and specifically suicide awareness/prevention.
- **Northwest Nazarene University (NNU)** required every student in a leadership position and all student life staff to go through suicide prevention training during our annual leadership retreat (approximately 120 students/staff). This semester two speakers will be on campus to address suicide prevention activities.

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### 4. Promote responsible and accurate portrayals of suicide and mental illness in media reporting and the safety of online content related to suicide

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*This goal is achieved when news organizations develop and implement policies and practices addressing the safe and responsible reporting of suicide and other related behaviors, and online resources and new and emerging communications technologies and applications adopt and follow similar safety guidelines.*

#### **Highlights of Specific Activities:**

- **American Foundation for Suicide Prevention** regularly distributed guidelines for reporting on suicide to media partners. Nationally, our local chapter worked with media partners to develop a resource list and information to help parents talk with teens when the media does not safely portray suicide.
- **Boise State University (BSU)** distributed of Recommendation for Reporting on Suicide to news organizations; use of the Framework for Successful Messaging for media content.
- **Idaho State University (ISU) Counseling & Testing Service** (Pocatello, Idaho Falls, and Meridian campuses) reached out to media outlets about responsible reporting following suicides in the community.

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## 5. **Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors**

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*This goal is achieved when the coordination, implementation and evaluation of suicide prevention programming currently in place is strengthened, and the development of new, effective programs that provide education, promote wellness, and prevent suicide and related behaviors are implemented. In addition, this goal is accomplished when there is an increase in access to effective programs and services for mental and substance use disorders across the state including in rural area.*

### **Highlights of Specific Activities:**

- **Idaho Academy of Family Physicians (IAFP)**, along with the support of the American Academy of Family Physicians (AAFP), supplied members with resources and education to help protect against physician burnout and better understand mental health conditions. The AAFP created a comprehensive system devoted to improving the well-being and professional satisfaction of family physicians; we are working at every level to help put our members' well-being first.
- **American Foundation for Suicide Prevention** helped pass SB1028 in Boise to help improve access to care for first responders with PTSD/PTSI through advocacy at the capitol.
- **Shoshone-Bannock Tribes** students and staff painted five billboards regarding suicide awareness and six professional billboards in the community with Suicide Awareness messages and phone/text numbers were placed throughout the reservation.
- **Idaho Army National Guard Suicide Prevention Program** promoted the development of positive, life-coping skills as well as continued to expand awareness of available community resources and foster a climate of acceptance in help-seeking behavior among all IDARNG Service Members and civilians.
- **Idaho State Department of Education State Program Title: Youth Suicide Prevention** applied for a federal Garrett Lee Smith grant in April 2019 which would

create the partnerships with private mental health providers to establish seven regional positions throughout the state who would support schools in their youth suicide prevention efforts.

- **Mini-Cassia PAuSe** created a “Grief Support Committee.” This group of individuals is available to provide support to those who have lost a loved one to suicide or attempts. Grief baskets including blankets or robes, resource material, a supportive book, stuffed animals if appropriate. Remembrance cards are also sent remembering holidays, birthdays, or other special times of need.
- **Shoshone-Bannock Tribes** implementing the Zero Suicide Model to fit our Tribal community.
- **University of Idaho** participated in Fresh Check Day which is a celebratory Mental Health Fair that connects students to resources and allows them to participate in activities meant to promote mental wellness and community connection. Campus partners include the CTC, Housing and Residence Life, Violence Prevention Programs, the LGBTQA Office, Campus Recreation, and the Center for Volunteerism and Social Action.

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## 6. Reduce access to lethal means of suicide among individuals with suicide risk

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*This goal is achieved when those who interact with individuals at risk for suicide routinely assess the high-risk individuals’ access to lethal means and implement safe storage of firearms and medications. This goal is also achieved when firearm dealers, shooting clubs, ranges, hunting organizations and gun owners incorporate suicide awareness as a basic tenet of firearm safety and responsible gun ownership.*

### Highlights of Specific Activities:

- **Southeastern Idaho Public Health** developed suicide prevention presentations, display boards, and health-fair/outreach opportunities that always include information on safe storage of firearms and safe medication storage and disposal. Means reduction handouts are distributed along with information about where to acquire gun locks/trigger locks. Prescription drug take-back locations are promoted via handouts made available through the Idaho Office of Drug Policy.
- **Suicide Prevention of the Inland Northwest** has distributed over 500 gunlocks at various events. We also held a Safe Storage Saves Lives campaign that involved raffling a full-size gun safe to raise awareness of the importance of reducing access to lethal means.
- **Boise State University** implemented Counseling on Access to Lethal Means (CALM) in the course of all clinical activity, and distributed Idaho Lethal Means packets statewide and provided education of communities on medication take-back days and proper prescription drug disposal.

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## 7. Expand knowledge of community and clinical service providers on the nature, related behaviors and prevention of suicide

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*This goal is achieved when suicide prevention training is provided to community groups and mental health and substance abuse providers receive evidence-based training on the recognition, assessment and management of at-risk behavior and the delivery of effective clinical care for people with suicide risk. This goal seeks to have all health professions, including graduate and continuing education programs, adopt and promote available core education and training guidelines on the prevention of suicide and related behaviors.*

### Highlights of Specific Activities:

- **Idaho Academy of Family Physicians** offered a two-hour session on physician wellbeing entitled *PHYSICIAN HEALTH FIRST* by Dr. Jay Winner, Editor in Chief, Journal of Family Practice; Professor Emeritus, Michigan State University College of Human Medicine. Dr. Winner provided valuable resources to help our physicians identify issues and address them.
- **Idaho Commission on Aging (ICOA)**, in response to growing body of research around the lack of training for caregivers about how to successfully communicate with and interpret the behavior of a person with dementia, created a series of Dementia Skills Training Modules, which are available free, online through the ICOA website. The modules are pertinent to family caregivers, as well as medical clinic staff, and paid direct care workers.
- **Shoshone-Bannock Tribes** held Community Suicide Awareness Conference and a talent show with emphasis on Suicide Awareness.
- **Idaho Suicide Prevention Program** through the Training and Technical Assistance Key Performance Area (KPA) team developed a recommended process for the selection of evidence-based suicide prevention programs and compiled a list of available evidenced based training programs and a list of certified trainers. The Program has coordinated with the Bureau of Occupational Licenses to get specific suicide prevention trainings approved for Continuing Education Units for various licensed providers.
- **United States Department of Veterans Affairs Boise Veterans Affairs Medical Center Suicide Prevention Program** provided rural outreach in mental health and suicide prevention education in McCall, Ketchum, Ontario, and Emmett called “Conversations with the Community.”
- **University of Idaho (UI) Vandal Health Education** hosts a variety of de-stress and health promotion initiatives where information about services is routinely shared and promoted (i.e. therapy dogs, Well Space Wednesday, Dash After Dark, Stress & Nutrition workshops, nutrition counseling, etc.).

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## 8. Embed suicide prevention as a core component of health care services

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*This goal is achieved when an increasing number of health care systems adopt and implement the Zero Suicide model of care, protocols for delivering services for individuals with suicide risk in the most collaborative, responsive and least restrictive settings, promote timely access to assessment, intervention and effective care for individuals with a heightened risk for suicide, and Implement post-discharge continuity of care strategies that ensure the safety and well-being of all patients treated for suicide risk in emergency departments or hospital inpatient units.*

### Highlights of Specific Activities:

- **Shoshone-Bannock Tribes** implemented the Zero Suicide framework, a system-wide, organizational commitment to safer suicide care in health and behavioral health care systems, conducting PHQ-9 screenings at the Indian Health Service clinic and mental health clinic.
- **Southeastern Idaho Public Health, in collaboration with the Idaho Suicide Prevention Program**, conducted a Zero-Suicide Academy pilot site by actively recruiting 14 healthcare facilities to participate. Also secured a training location and related promotion and preparation.
- **DHW Suicide Prevention Program** through the Suicide Care and Zero Suicide KPA team has been working with Public Health District 6 (Southeastern) to identify 14 health facilities to develop a Zero Suicide system-wide culture change which will increase suicide prevention screening, referrals and services to patients in health and behavioral health care.
- **United States Department of Veterans Affairs Boise Veterans Affairs Medical Center Suicide Prevention** implemented Suicide Prevention in the Emergency Department (SPED) that is a uniform VA program assuring all veterans at risk who present to ED will receive a comprehensive suicide safety plan and structured mental health follow up until first Behavioral Health appointment is attended.

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## 9. Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicidal behaviors

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*This goal is achieved when guidelines for assessment of suicide risk among persons receiving care in all settings, including patients receiving care for mental health and/or substance use disorders are adopted by the treatment community as are guidelines for clinical practice and continuity of care for providers who treat persons with suicidal risk. Patients/clients in all settings should feel safe disclosing their suicidal thoughts and behaviors.*

### Highlights of Specific Activities:

- **Idaho Suicide Prevention Hotline** fielded 11,568 inbound and 1,737 outbound crisis contact activities in a combination of phone calls, texts and chats.
- **Idaho Suicide Prevention Program** funded rural police agencies to allow for officers to attend Crisis Intervention Team (CIT) training by providing travel reimbursement and money to provide additional police coverage while officers are attending the training. All CIT Law Enforcement Agencies received the application and two (2) agencies have requested and been approved for funding.
- **Idaho Academy of Family Physicians** conducted a survey of our practicing family physician members to determine their ability to diagnose and prevent suicide in patients seen in their clinics. The survey revealed that overwhelmingly, the majority of local resources used by family physicians for patients identified at risk of suicide was the emergency room and only a small percentage had no local resources available for referral.
- **Idaho Juvenile Justice System** developed a policy for local juvenile detention centers that requires screening youth for suicide risk at intake by using the Massachusetts Youth Screening Instrument Version 2 (MAYSI -2).
- **College of Idaho (C of I)** has a Suicide Prevention Team made up of Wellness, Campus Safety, Residence Life, and the Dean of Student Affairs. An anonymous Online Incident Report is completed when someone in the Community is worried about another community member's safety.

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## 10. Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

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*This goal is achieved by having post-suicide interventions (available to families and organizations impacted by suicide).*

### Highlights of Specific Activities:

- **American Foundation for Suicide Prevention** hosted two “International Survivors of Suicide Loss Day” (Survivor Day) events in Meridian and Idaho Falls
- **Suicide Prevention of the Inland Northwest** collaborated with and training to first responders to provide support and educate on increasing protective factors and communication skills to community members around suicide death.
- **Idaho Suicide Prevention Hotline** received a \$10,000 grant to bring a Dougy Center 2-day loss survivor support group facilitator training to Idaho with a capacity of 60 participants in the Spring of 2020.

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**11. Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action**

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*This goal is achieved when vital records data and suicide-related data systems are expanded and improved with respect to timeliness, usefulness, and overall quality in order to improve prevention efforts and inform public policy decisions.*

**Highlights of Specific Activities:**

- **Idaho State Department of Education** is working directly with the Idaho county coroners to improve the efficiency and effectiveness of reporting student sudden deaths to help ensure responsiveness of support services to school communities
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**12. Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesize and disseminate findings**

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*This goal is achieved when data are collected systematically and objectively to determine the impact of suicide prevention activities, efforts, and interventions utilized in the state to on decreasing death by suicide in Idaho.*

**Highlights of Specific Activities:**

- **Shoshone-Bannock Tribes** is tracking data on the Fort Hall Reservation. Suicides have decreased by half since last year which is a positive sign to continue to provide awareness, outreach, intervention and postvention.
- **Idaho Suicide Prevention Hotline** has been named as a research partner with St Luke's Health System in the 3-year **SPARC** Research Project: Comparing Safety Planning Plus Structured Follow-Up from a Suicide Prevention Hotline (SP+SFU) to Safety Planning Alone (SP) for **Suicide Prevention Among Adult and Adolescent Recipients of Care** in EDs & Primary Care Settings.

Details on these activities may be found in the individual partner reports contained in this document.



The background of the page is a faded, light blue-tinted photograph of the Idaho State Capitol building. The building features a large, ornate dome with a lantern on top, surrounded by a circular colonnade. The main entrance has a portico with columns. The sky is clear and blue.

# PARTNER REPORTS

- American Foundation for Suicide Prevention
- Idaho Suicide Prevention Hotline
- Southeastern Idaho Public Health (SIPH) Partner Report
- Community Suicide Prevention
- Idaho Juvenile Justice System
- Suicide Prevention of the Inland Northwest
- Idaho Academy of Family Physicians
- Idaho Juvenile Justice System
- United States Department of Veterans Affairs
- Idaho Army National Guard Suicide Prevention Program
- Idaho Suicide Prevention Program (SPP)
- Boise Veterans Affairs Medical Center Suicide Prevention Program
- Idaho Suicide Prevention Coalition
- Magic Valley Suicide Awareness and Prevention
- Upper Valley Suicide Prevention
- Idaho Commission on Aging (ICOA)
- Mini-Cassia PAuSe
- Shoshone-Bannock Tribes
- Idaho State Department of Education





**American  
Foundation  
for Suicide  
Prevention**  
Idaho

## **To Save Lives and Bring Hope to Those Affected by Suicide**

### **American Foundation for Suicide Prevention**

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings.

- Dedicated staff time to actively participate in the Idaho Suicide Prevention Action Collective (ISPAC).
- Hosted 3 “Out of the Darkness” community walks (Treasure Valley, Portneuf Valley, Snake River Valley) and invited nonprofits, government agencies and other mental health/suicide prevention related organizations to host a free table and provide information to participants.
- Provided brochures to IDHW free of charge for the Suicide Loss Survivor Packets.
- Made available and provided free suicide prevention brochures to health districts, nonprofits, healthcare, schools...etc. across the state.

**Future Goals:** Continue to participate in ISPAC, add a 4<sup>th</sup> Out of the Darkness Walk in Twin Falls, continue to provide free brochures across the state and seek partnerships with more stakeholders to increase coordination of efforts.

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

- Initiated and continue to help lead the ISPAC Outreach and Communication KPA.
- Shared information about school-based outreach/communication efforts with state department of Ed: Seize the Awkward, Model School Policy on Suicide Prevention, After a suicide: A toolkit for Schools.
- Provide information about crisis centers and the Idaho Suicide Prevention Hotline (ISPH) in email, social media and in-person at events and education programs.
- Helped pass the National Suicide Prevention Hotline Improvement act in Washington D.C. which will improve the network and make the lifeline number a 3-digit number when fully executed.

**Future Goals:** Continue and grow efforts by providing free programs/information to schools including delivering the evidence-based program “More than Sad: Preventing Teen Suicide”.

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

- Delivered 29 Evidence Based Suicide Prevention programs across the state reaching over 1,100 Idahoans.
- Hosted informational tables at 9 different community events reaching over 350 people with evidence-based suicide prevention information.
- Along with other AFSP chapters, helped fund 26 new research grants across the U.S to increase our understanding of suicide.

**Future Goals:** Raise funds in Idaho to help fund suicide prevention research, deliver at least 35 evidence-based suicide prevention education programs and host a table in at least 15 community events across the state.

**Goal 4:** Promote responsible and accurate portrayals of suicide and mental illness in media reporting and the safety of online content related to suicide.

- Regularly distributed guidelines for reporting on suicide to media partners.
- Nationally, worked with media partners to develop a resource list and information to help parents talk with teens when the media does not safely portray suicide.

**Future Goals:** Seek partners to lead a statewide media training for reporting on suicide.

**Goal 5:** Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors.

- Helped pass SB1028 in Boise to help improve access to care for first responders with PTSD/PTSI through advocacy at the capitol.

**Future Goals:** Continue to support advocacy efforts that will help promote wellness and prevent suicide and related behaviors. Implement programs across the state when possible.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk.

- Made available brochures and information related to “Suicide Prevention for Firearms Owners” to firearms dealers and gun ranges and the public.
- Distributed packets of information to all members of the National Shooting Sports Foundation in Idaho.

**Future Goals:** in 2020 we hope to identify a volunteer to lead the development of a Firearms and Suicide Prevention group to reach more firearms owners with free information and resources.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Hosted 3 “International Survivors of Suicide Loss Day” (Survivor Day) events across the state.

- Provided over brochures and materials for the DHW Survivor Packets which get distributed through county coroners and HealthTools.
- Added volunteers to our “Healing Conversations” program where trained loss survivors visit with newly bereaved.

**Goal 11:** Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action.

Helped secure funding in Washington DC so that Idaho can implement the National Violent Death Reporting System.



## Community Suicide Prevention

The mission of CSP (Community Suicide Prevention) is to reduce suicide in Eastern Idaho through advocacy, collaboration, and education in best practices.

We were formerly Regions 6 & 7 of SPAN Idaho. After SPAN dissolved, the two regions elected to join together to form Community Suicide Prevention to serve the two areas. Since March of 2019, we have created a 501(c)3 and rebranded as Community Suicide Prevention, commonly referred to as CSP. We have created a website, organization brochures, a new logo, and gathered a solid board together. The community has been very supportive, and the attendance for our meetings and activities has dramatically increased.

Some of the activities this year have included:

**Goal 1** We sent two people to be trained as ASIST Trainers, four trained in MHFA, and are currently getting six trained to teach QPR. We have taught MHFA to approximately 80 nursing students at CEI. This week we are teaching QPR to the Sources of Strength kids and adult advisors at Skyline High School. We will be providing ASIST training to Idaho State Probation and Parole officers representing six of the seven Idaho Judicial districts. This training may also be offered to IDOC prison staff, as well as some of our community partners, if sufficient seating is available. We are in the process of scheduling QPR training for District 7 Probation and Parole staff.

We have developed relationships throughout the community with places such as ISU, CEI, ERIMC, Mountain View Hospital, the City of Idaho Falls, and many other businesses, health organizations, and community members. We hold monthly community meetings.

**Goal 2** We supported the youth group CYA and sponsored their TRAPPED program early this year. These youth are involved in all of our community activities. We sponsored the Distinguished Young Woman of Rigby for a mental health fair for the high school students. We sponsored the art class of Skyline for the painting of a mural of hope that also includes the hotline number in the downtown area. We support the crisis centers and give part of the proceeds from our fundraising to them.

We held two fundraising events, in addition to a Memorial Walk, a conference, a Community Q & A discussion, as well as community event partnering with our local Barnes & Noble store, and several other activities. Hotline and other informational materials were distributed at all events. We also sponsored a full-page ad in the Post Register during National Suicide Prevention Month, which included information and local resources. We have provided interviews for tv, radio, and news media.

We presented our 2nd 'Rock Your Role' award this year, spotlighting a community member who actively interrupted and prevented a suicide attempt here in Eastern Idaho.

**Goal 3** We held a Memorial Walk in September and commissioned a local artist to create a beautiful bench that was placed in the Idaho Falls Community Park. This bench is located within

the “Survivors of Suicide Loss” Aspen Grove along with a plaque, which was dedicated by a member of the Idaho Falls Monument along with a proclamation signed by the Idaho Falls Mayor, Rebecca Casper. Approximately 160 people attended this event, which also included music and a butterfly release. At this event, 107 survivors of suicide loss expressed interest in participating in our second dinner dedicated to those families who have lost someone to suicide. The Survivor Dinner will be held on November 23, 2019, “National Survivors of Suicide Loss Day.”

**Goal 7** We hosted a local conference during National Suicide Prevention Week, which focused on developing positive coping skills and how those skills can potentially impact suicide prevention. We held a Community Q & A during October for the community after several suicides occurred in the area to help locate and supply information and resources to them and to provide them an opportunity to ask questions of local experts.

**Our Goals** It is our goal to repeat the events that we held in 2019 and to duplicate or add similar events in Pocatello, Blackfoot, and Rigby. We will hold a conference every year, alternating between Idaho Falls & Pocatello. We will continue to advocate for and supply training throughout our region. The plans are to add YMHFA to our arsenal of evidence-based treatment. We will continue to host presentations throughout the community and support other activities that promote positive coping skills and suicide prevention. We want to add new support groups, as well as community meetings in the other cities located throughout our region. Survivor support and postvention are areas that we will be focusing on as well. We will also make contact and partner with the funeral homes and coroners providing them information and packets for those suffering a suicide loss. We are also developing a card outlining resources and warning signs, for distribution to our communities.

We desire to be the “go-to” suicide prevention and survivor support in Eastern Idaho. It is our firm belief that community members must know where to turn to for resources and assistance when they need it. We want to get the community to take ownership of suicide prevention and realize that this organization is THEIR organization.

We will continue the ‘Rock your Role’ award as a way to recognize and publicly thank those who do their part and to promote the idea that everyone has a role to play.

We also want to work closely with the state to develop an organized network of suicide prevention partners and resources so that every corner of our state has access to suicide prevention resources.

3270 E. 17th St. #139  
Ammon, ID 83406  
email: [communitysuicideprevention@gmail.com](mailto:communitysuicideprevention@gmail.com)  
web: [communitysuicidepreventionid.org](http://communitysuicidepreventionid.org)  
phone: 208-243-9411



## **Idaho Academy of Family Physicians**

The Idaho Academy of Family Physicians (IAFP) *empowers family physicians to improve the health of patients and communities.* The involvement of the IAFP on the Idaho Council on Suicide Prevention has helped convey the severity of the suicide epidemic in our state with the family doctors who care for these patients and families.

### **Data Drives Our Efforts**

The incidence of suicide is due to several factors with the most common being unmanaged mental health disorders. The rate of mental illness in adult Idahoans (20.3%) is significantly higher than the national average of 17.9% reported in 2015 (SAMHSA). There is one psychiatric care provider in 15,767 residents in Idaho with one in 10,000 residents considered sufficient for access to care. Idaho ranks last in the nation for available psychiatric care. Due to the lack of psychiatric providers in our state, family physicians undoubtedly treat the majority of mental health conditions in Idaho patients.

Family physicians are also at a higher risk for burnout, ranking 4<sup>th</sup> of all the medical specialties as reported in a Mayo Clinic article from 2014. Sixty three percent of family doctors reported experiencing the incidence of burnout in the past 12 months. Along with burnout, anxiety, stress and depression; physicians who took their lives were less likely to seek treatment for their suffering compared to non-physicians who took their lives (j.genhosppsyh.2012.08.005).

According to the American Foundation for Suicide Prevention, the prevalence of depression among medical residents is higher than in similar aged individuals in the general US population. Twenty eight percent of medical residents experienced a major depressive episode during training versus the general population rate of 7% to 8%. Suicide is the second leading cause of death in the 24-34 age range. As you can see from these figures, Idaho has a high rate of suicide because of the unaddressed mental health conditions of both the general population and our physicians.

### **Accomplishments**

The IAFP along with the support of the American Academy of Family Physicians (AAFP) supplies our members with resources and education to help protect against physician burnout and better understand mental health conditions. The AAFP created a comprehensive system devoted to improving the well-being and professional satisfaction of family physicians; we are working at every level to help put our

members' well-being first. The IAFP provides medical education at each of our CME conferences on suicide prevention, burnout and physician wellness. The 71st Annual Meeting of the Idaho Academy of Family Physicians held in McCall in May 2019 offered a two hour session on physician wellbeing entitled ***PHYSICIAN HEALTH FIRST*** by Dr. Jay Winner, Editor in Chief, Journal of Family Practice; Professor Emeritus, Michigan State University College of Human Medicine. Dr. Winner provided valuable resources to help our physicians identify issues and address them.

The IAFP conducted a survey of our practicing family physician members to determine their ability to diagnose and prevent suicide in patients seen in their clinics. The initial outcome of the survey revealed, 24% of our members have a suicide prevention protocol that works well in their office while over 55% do not. Over 22% of family physicians have identified more than 10 patients at risk for suicide in the past year. Another finding of our survey revealed that family physicians feel some confidence to very confident in identifying patients at risk for suicide. The survey revealed that overwhelmingly, the majority of local resources used by family physicians for patients identified at risk of suicide was the emergency room and only a small percentage had no local resources available for referral.

### **Goals for the Future**

Our objectives, as outlined in our strategic plan, continue to be promoting member wellness to maximize the joy in medicine. We will work to monitor our family physician members' wellbeing, share tools and best practices to decrease administrative burden, encourage peer mentorship, aid members in adapting to the changing health care environment, create a community to help cultivate the joy in medicine and continue to provide continuing medical educational opportunities on physician burnout and suicide prevention for our members.



## Idaho Army National Guard Suicide Prevention Program

The mission of the Idaho Army National Guard (IDARNG) Suicide Prevention Program is to reduce suicides for its 3,300 Service Members and civilian cohort across 62 Statewide Unit components by implementing five overarching strategies as outlined in Section 4-4 of Army Regulation 600-63, Army Health Promotion:

- 1) Promoting the development of positive, life-coping skills
- 2) Encouraging help-seeking behavior
- 3) Raising awareness of suicide prevention
- 4) Integrating the Army Suicide Prevention Program into Army National Guard culture
- 5) Conducting suicide surveillance

The Suicide Prevention Programs (SPP) falls under further guidance in the Department of the Army PAM 600-24: Health Promotion, Risk Reduction, and Suicide Prevention, IDARNG PAM 600-63: Idaho Army National Guard State Suicide Prevention Program, Army National Guard (ARNG) Resilience, Risk Reduction and Suicide Prevention (R3SP) Campaign Plan Memorandum (23 November 2010), and the Idaho Army National Guard Resilience, Risk Reduction and Suicide Prevention (R3SP) Campaign Plan Memorandum (LOI 11-16, 21 December 2010). This guidance provides the core framework by which leaders in the IDARNG direct actions necessary to implement immediate but enduring solutions that promote resilience amongst Soldiers and Family Members, mitigate high-stress and at-risk factors that contribute to suicidality, and facilitate longer-term reduction in IDARNG at-risk behaviors and suicidal actions. These actions can be identified as:

- Coordinated, facilitated and reported Suicide Prevention Training (SPT) for IDARNG Service Members and civilians. Army approved modules like ASIST (Applied Suicide Intervention Skills Trainer) and ACE-SI (Ask, Care, Escort – Suicide Intervention) training equips Service Members and civilians with effective and evidence-based suicide intervention skills.
  - Year to date ASIST trained personnel (ISPP Goals #1, #5, #6, #8, #10):
    - ✓ 94 Service Members
    - ✓ 5 Civilians
  - Year to date ACE trained personnel:
    - ✓ Over 3,000 Service Members
- Annual Unit Risk Reduction Inventories (URI): The results of this inventory provide valuable information to Unit Commanders about their Soldiers high-risk behaviors in the areas of alcohol and other drug use, unit cohesion (command environment, discrimination,



sexual harassment, work performance, and unit relationships), self-perceptions and personal relationships, financial problems, suicide, crimes, sexual practices, verbal and physical abuse, and Army environment. These anonymous, individual surveys allow the service member to be open and honest about their potential high-risk activities that can be indicative of suicidal ideation (ISPP Goals #2, #3, #5, #11, #12).

- Fiscal Year to Date URI administered to:
  - ✓ 61 Idaho Army National Guard Units
  - ✓ 2,169 Service Members
- Based on the cumulative unit results of the URI, Unit Risk Results (URR) drive Targeted Prevention Training (TPT). TPTs are determined with the assistance of the Unit's Command Team, Suicide Prevention Program Manager, Alcohol and Drug Control Officer, and Prevention Coordinator. These TPTs are aimed at reducing high-risk behaviors, educate about the Army Substance Abuse Program, increase resilience, and reduce suicidality within the ranks (ISPP Goals #3, #5, #6, #10).
- Year to date TPTs:
  - ✓ 61 Idaho Army National Guard Units
  - ✓ 3,021 Service Members
- Command appointed Unit Suicide Intervention Officers (SIO). Each SIO completes ASIST and Army ACE Intervention Training, advised the commander on annual suicide prevention training requirements, works with Family Assistance Coordinators and Chaplains to develop and maintain a list of federal, state, and local community service agencies for soldier referral, is a monitor for soldiers in crisis and connects soldiers with those agencies, and provides ACE/ASIST training for their unit (ISPP Goals #1, #2, #3, #5, #6, #7, #10).
- Year to date Unit Suicide Intervention Officer on appointment:
  - ✓ 21 Idaho Army National Guard Units with reported SIOs
  - ✓ 28 total SIOs
- Implemented on 1 October 2019, Beyond the Yellow Ribbon Counseling Services provides services to all military branches (Active Duty, National Guard, and Reserves), veterans, family members, and retirees by assessing for immediate behavioral health needs and offer free confidential therapeutic support, education and case management (ISPP Goal #3, #5, #9, #12).

The impact of the IDARNG Suicide Prevention Program effects individual soldiers, their families, and the community as a whole. As each service member attends their monthly weekend drills and annual trainings, they receive invaluable education with resources outlined above. They then are able to return to their homes and communities better equipped to face day-to-day life stressors with more resilience, suicide intervention skills, and accessible community resources.

The Idaho Army National Guard Suicide Prevention Program's future goals are to continue to follow established mission guidance and protocol for suicide prevention, improve said protocol through official channels, and build upon community relationships to better serve IDARNG soldiers and their families. Specific strategies include:

- Increase Unit SIO appointment by 40% in the next calendar year.
- Implement the following:
  - Suicide Prevention Task Force (AR 600-63 2-4)
  - Suicide Response Team (AR 600-63 4-11)
  - Resilience, Risk Reduction, and Suicide Prevention Council (ARNG R3SP campaign Plan)
- Continue to expand awareness of available community resources and foster a climate of acceptance in help-seeking behavior among all IDARNG Service Members and civilians.



(208)577-4430  
www.IDAHOSPC.ORG  
Mailing: P.O. Box 271 Boise, ID 83701  
Office: 471 6th Street Boise, ID 83702

POLICY

EDUCATION

MEMBERSHIP

## Idaho Suicide Prevention Coalition

Our mission: *The Idaho Suicide Prevention Coalition is a statewide alliance of groups dedicated to reducing suicide in Idaho. ISPC provides concerted representation on suicide prevention, public policy and education.*

2019 provided for a year of augmentation of suicide prevention efforts in Idaho with the culmination of the 2018 state facilitation process to develop the new 5-year suicide prevention plan as directed by JFAC for the Coalition to fund a facilitator. This collective group continued to develop into the Idaho Suicide Prevention Action Collective (ISPAC) and the Coalition leadership was instrumental in helping this group of state stakeholders to continue for the implementation and support for funding for the new state plan. These activities align with the following plan Goals and implementation actions:

### **Goal 1: Integrate and coordinate suicide prevention activities across multiple sectors and settings.**

The Coalition supported the efforts during the 2019 legislature to work with the Department of Health and Welfare, the Dept. of Education and many other prevention advocacy groups to advance awareness and collective systems building with all our stakeholders. The American Foundation for Suicide Prevention received assistance from the Coalition to help coordinate Capitol Day and presentations to the Health & Welfare Germaine Committees last February. The Coalition was also able to assist the Idaho Suicide Prevention Hotline with sponsorship for their annual fundraiser as our commitment to private funding support.

Under the Action Plan, the Coalition has been instrumental in assisting with **the Key Performance area of Advocacy and Policy** by participating in the development of this KPA working committee under the umbrella of the ISPAC

The Coalition stands ready for the 2020 legislative session to continue advocacy and policy support as needed to continue the implementation of the Idaho Suicide Prevention Plan. We look forward to continued work with all our stakeholders to work transparently and collectively to tackle a statewide public health crisis.

Respectfully submitted,

W. Stewart Wilder, President



## Idaho Commission on Aging (ICOA)

ICOA's mission is to provide services that improve the quality of life for seniors and people with disabilities, so they can live independent, meaningful and dignified lives within the community of their choice.

### Data drives our efforts

- Idaho is consistently among the states with the highest suicide rates.
- Older men have some of the highest rates of suicide.
- Painful chronic conditions, dementia, depression, and isolation are risk factors for suicide and are more prevalent among aging people and their family caregivers.
- Guns are the primary method for suicide in Idaho.

### Accomplishments since last report

Idaho's new Suicide Prevention Plan includes Goal 7: Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide.

The ICOA and the Boise State University Center for the Study of Aging are founding members of the Idaho Caregiver Alliance (ICA). The ICOA partners with the ICA, the U.S. Administration on Community Living, the Greater Idaho Chapter of the Alzheimer's Association, the Idaho Department of Health and Welfare Division of Public Health, the Area Agencies on Aging, the Jannus Corporation, and other organizations to increase awareness and supports to unpaid family caregivers of all ages across the state, and particularly to caregivers of people with Alzheimer's disease and other dementias.

Unfortunately, homicide/suicides involving people with dementia and their family caregivers have occurred in Idaho. Idaho's population is aging, and instances of Alzheimer's disease and dementia are on the rise, increasing the burden on family caregivers. ICOA shared the following study to raise awareness with members of the Governor's Council on Suicide Prevention and the Idaho Suicide Prevention Action Collective.

*"Like Death is Near": Expressions of Suicidal and Homicidal Ideation in the Blog Posts of Family Caregivers of People with Dementia*, published in the Journal of Behavioral Sciences March 3, 2019. The article reported that the challenges of providing care for someone with Alzheimer's disease and related dementias (ARD) have been associated with increased stress, poor mental and physical health, social isolation, and financial distress. More recently, caregiving has been associated with high rates of suicidal and homicidal ideation, but the research is limited. The study

analyzed a sample of blogs written by family caregivers of people with ADRD to explore thoughts of suicide and homicide expressed by these caregivers.

## **Results**

Five themes related to thoughts of suicide and homicide by caregivers and people with ADRD were derived from the analysis: (1) end-of- life care; (2) thoughts of death and euthanasia by the person with ADRD; (3) surrogate decision making; (4) thoughts of suicide by the caregiver; and (5) thoughts of homicide and euthanasia by the caregiver. **CONCLUSIONS:** The results capture the reality of suicidal and homicidal thoughts among family caregivers of people with ADRD, supporting calls for more research on these complex topics and highlighting the need for changes to clinical practice to prevent thoughts from becoming behaviors or actions.

In response to growing body of research around the lack of training for caregivers about how to successfully communicate with and interpret the behavior of a person with dementia, the ICOA created a series of Dementia Skills Training Modules, which are available free, online through the ICOA website <https://aging.idaho.gov/stay-educated/>. The modules are pertinent to family caregivers, as well as medical clinic staff, and paid direct care workers.

The ICOA is committed to representing the voice of aging Idahoans and their families as a member of Idaho's Suicide Prevention Council and supporting all efforts in Idaho's suicide prevention plan.

Submitted by Pam Oliason



**IDAHO**  
STATE DEPARTMENT OF EDUCATION

## **Idaho State Department of Education**

**State Program Title: Youth Suicide Prevention**

### **Program Mission Statement:**

The Idaho Lives Project's (ILP) mission is to foster resilience and connectedness throughout Idaho school communities to prevent youth suicide. ILP is a joint project of the Idaho Department of Health and Welfare (IDHW) and the State Department of Education. The project is funded by the state of Idaho. The Idaho Lives Project, housed within the State Department of Education (SDE), aims to implement evidence based, youth suicide prevention programs in Idaho elementary, middle/junior high, and high schools. During the 2019-2020 academic year, ILP brought on 24 middle/junior high and high schools and is currently working to define an elementary cohort of nine additional schools.

### **GOALS – ANNUAL ACTIVITIES**

#### **Goal 1: Integrate and coordinate suicide prevention activities across multiple sectors and settings.**

- Audience-specific gatekeeper training for communities
  - All ILP cohort schools, 42 schools over FY 2019, received staff gatekeeper trainings.
- Programs and policies that promote social connectedness and promote healthy mental and emotional health
  - ILP vetted and published a youth suicide prevention model policy. This policy is available on the SDE website and was provided to the Idaho School Board Association.

#### **Goal 2: Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors**

- Promotion of messages of hope, help and resilience within communities, schools, workplaces
  - ILP provided postvention support services to 12 schools during FY 2019 that included resources to help ensure appropriate messaging and student services following sudden student deaths within our schools.
- Promotion of the utilization of Behavioral Health Crisis Centers and the Idaho Suicide Prevention Hotline
  - ILP continues to promote the Idaho Suicide Prevention Hotline by providing information to the resource on all publications, websites, and in all prevention trainings.

#### **Goal 3: Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery**

- Outreach to those that are socially and/or geographically isolated and/or at risk.

- This is a primary function of Sources of Strength programs (SSP), the primary school-based program supported by the ILP. SSP is an evidence-based suicide prevention program that targets youth and seeks to prevent death by suicide by promoting healthy behaviors and mental health wellness.
- ILP has partnered with IDHW on a Bureau of Justice Assistance grant to provide SSP within 10 additional rural, geographically isolated schools during the upcoming 2020-2021 school year. This award and funding were announced in November of 2019.

**Goal 5: Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors**

- Tribal, community and public/private partnerships in implementing prevention intervention efforts
  - The SDE applied for a federal Garrett Lee Smith grant in April 2019. As of December 2019, funding has not yet been announced. This project would partner with private mental health providers to establish seven regional positions throughout the state who would support schools in their youth suicide prevention efforts.
- Identification of, and outreach to at-risk populations
  - With suicide being the second leading cause of death for teenagers in Idaho, the ILP's primary target audience and outreach efforts focus on a highly at-risk population.

**Goal 11: Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action**

- Data collection of efforts for suicide and suicidal behavior (surveillance data)
  - The SDE is working directly with the Idaho collective county coroners to improve the efficiency and effectiveness of reporting student sudden deaths to help ensure responsiveness of support services to school communities. Communication from the SDE to date has focused on how to report, but current plans are in place to present to the coroners in February 2020 on the support services provided by the ILP after such reports are received.

**Goal 12: Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesis and disseminate findings**

- Performance management and continuous quality improvement activities to determine program effectiveness across the suicide prevention system statewide
  - The SDE contracts annually to assess the effectiveness of the ILP SSP statewide. This information and reports are available through the Director of Student Engagement and Safety Coordination. Also, this report is shared annually with the IDHW and the Idaho Suicide Prevention Action Collaborative.
  - In April and May of 2019, the SDE conducted a youth suicide prevention gap analysis, called the Idaho Suicide Safe Schools Survey. Results of this study and analysis of the data were made public via an SDE press release in December 2019.



by JANNUS

## Idaho Suicide Prevention Hotline

*ISPH provides crisis intervention, emotional support and resource referrals to all Idahoans. We listen and we care.*

### Accomplishments since the last report:

**Goal 9:** Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors.

- Promote safe disclosures of suicidal thoughts and behaviors by all patients.

This year to date the hotline has fielded 11,568 inbound and 1,737 outbound crises contact activities in a combination of phone calls, texts and chats. Additionally, we recorded the following contact outcomes:

Contact Outcomes January 1 – November 5, 2019	
911 Dispatched - Rescue / Welfare Check at caller's request and/or with consent	93
911 Dispatched - Rescue/Welfare Check without caller's knowledge and/or consent	177
Caller agreed to go to the hospital	40
Caller agreed to go to or accepted referral to local Crisis Center	850
Created Safety Plan with Caller	3,318
Created Safety Plan with 3 <sup>rd</sup> Party Caller	774
Made Contact with Person Identified as being at Risk	21
Support + Information / Referral	1,486
Support	3,818

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors

- Increase knowledge and awareness of the warning signs for suicide and how to connect individuals with assistance and care within their communities

This year ISPH delivered 8 ASIST Workshops with a total of 118 participants: 6 workshops during our thrice yearly volunteer training cycles; one at the Micron Boise Campus and one in Idaho Falls. We delivered 5 safeTalk workshops with a total of 118 participants: 2 during ISPH volunteer



training cycles; 1 at T-Mobile in Meridian; 1 at an LDS church in Meridian, and one for the Bureau of Land Management in Boise. One of our social work practicum students and a former staff person delivered several suicideTalk presentations around the Treasure Valley; with 1100+ attendees, primarily in LDS churches (we will capture the actual number of these shorter suicideTalk presentations moving forward); plus 2 suicideTalk presentations at the Micron Boise campus.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Offering of loss survivor support groups

This year ISPH received a \$10,000 grant to bring a Dougy Center 2-day loss survivor support group facilitator training to Idaho with a capacity of 60 participants in the Spring of 2020. We will partner with entities statewide for the widest possible attendance from North, Southeast and Southwest Idaho equally.

**Goal 12:** Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesis and disseminate findings

- Initiate performance management and continuous quality improvement activities to determine program effectiveness across the suicide prevention system statewide.

This year the hotline has been named as a research partner with St Luke's Health System in the 3-year **SPARC** Research Project: *Comparing Safety Planning Plus Structured Follow-Up from a Suicide Prevention Hotline (SP+SFU) to Safety Planning Alone (SP) for **Suicide Prevention Among Adult and Adolescent Recipients of Care in EDs & Primary Care Settings***. The anticipated sample size for the study: 1,460 patients at 8 EDs and 21 primary care clinics: 960 adults (aged 18+) from 24 sites 500 adolescents (aged 12-17) from 20 sites. The grant is funded through The Patient-Centered Outcomes Research Institute (PCORI).

<https://www.pcori.org/research-results/2019/sparc-trial-comparing-safety-planning-plus-structured-follow-suicide>



## Idaho Juvenile Justice System

### Mission of Organization

The juvenile justice system in Idaho consists of a partnership between the Idaho Department of Juvenile Corrections and Idaho counties that operate 10 juvenile detention centers and 42 juvenile probation departments.

All of these agencies operate under the legislative intent of the Idaho Juvenile Corrections Act, which states that the purpose of our statewide system is to protect the community, hold juvenile offenders accountable to repair the harm caused by their actions, and to assist juvenile offenders in developing skills to become a contributing member of a diverse community.

### Goal 1: Integrate and coordinate suicide prevention activities across multiple sectors

#### *Idaho Department of Juvenile Corrections (IDJC)*

In 2018-2019 the Idaho Department of Juvenile Corrections continued the implementation of the suicide prevention policy that was recently developed with the assistance of Lisa Boesky Ph.D., an expert in suicide prevention and mental health in juvenile justice settings. The policies and procedures focus on best practice methods in suicide prevention. The IDJC continues to utilize a core training curriculum, Shields of Care, which is an evidence-based system-focused approach to protecting juvenile justice youth from suicide.

Direct care staff at IDJC participate in an 8-hour training that is designed to recognize warning signs and symptoms of suicide risk and beginning in January of 2019 IDJC implemented a policy requiring that direct care staff complete a 4 hour in person refresher course. In addition, staff at the three state juvenile correction facilities complete Think Trauma training and Mental Health for Juvenile Justice, both of which are an 8-hour courses.

#### *County/District Juvenile Detention Centers and County Probation Departments*

Juvenile detention and probation officers receive training at their respective POST training academies in recognizing and responding to warning signs of suicide. In addition, a number of local juvenile detention centers and county probation departments report annual training of staff in suicide prevention training such as QPR Gatekeeper training, Mental Health First Aid, and safeTALK.

### Goal 3: Increase Knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

*Idaho Department of Juvenile Corrections.*

The Nampa facility has implemented the Sources of Strength program in addition to the standard policies and procedures implemented by IDJC. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults.

*Mini-Cassia Juvenile Probation*

Mini-Cassia Juvenile Probation participated in the Kindness Rocks Project (<https://www.thekindnessrocksproject.com>), which was sponsored by Mini Cassia PAUSE, a suicide prevention education and awareness group in the community. Youth on Probation and probation officers participated in the project by painting kindness rocks, which opened up the discussion about suicide prevention. They have also distributed stress balls with the Idaho suicide prevention hotline number at local high school games and assemblies.

**Goal 6: Reduce access to lethal means of suicide among individuals with suicide risk**

*County/District Juvenile Detention Centers*

County juvenile detention centers utilize a monitoring and observation system based on the results of a suicide risk screening that occurs as part of the intake process. Youth who are identified as high risk require increased frequency of staff observation and have reductions in access to lethal means by receiving special clothing and bedding, as well as removal of other items that are considered potential lethal means.

**Goal 9: Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors.**

*Idaho Department of Juvenile Corrections*

The IDJC continues to utilize the Columbia Suicide Severity Rating Scale (C-SSRS), which is a standardized tool that supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask which then guides appropriate responses to the identified level of risk.

*County/District Juvenile Detention Centers and County Probation Departments*

Local juvenile detention centers screen youth for suicide risk at intake by using the Massachusetts Youth Screening Instrument Version 2 (MAYSI -2). Several detention centers use additional screening instruments such as the C-SSRS. Youth who are identified as being at high risk receive enhanced observation, specialized bedding, clothing, and a reduction in access to personal items that can be used as lethal means. Several detention centers reported that youth who are on suicide watch have almost daily contact with the clinician in the detention center for ongoing evaluation and coping support and cannot be removed from suicide watch without the approval of the detention clinician or another qualified professional.

Juvenile detention centers in Idaho reported responding to 20 suicide attempts in 2018, which was a reduction from the 27 attempts reported in 2017. In addition, there was a reduction in non-duplicated youth attempting suicide from 14 youth attempting suicide in 2017 to 10 youth attempting suicide in 2018.

Several County Juvenile Probation Departments report screening youths at probation intake, and working closely with their clinical department, hospital emergency room, or the IDHW Children's Mental Health program to further assess and treat youth who have been identified as at risk for suicide.



## Idaho Suicide Prevention Program (SPP)

During the 2018 Legislative Session, JFAC authorized funding and intent language to develop an integrated and coordinated comprehensive statewide suicide prevention plan. More than 50 individuals across the state participated in the development of the 2019- 2023 Idaho Suicide Prevention Plan which is aligned with the National Strategy for Suicide Prevention. As a result of the development of the new plan, an advisory group was created called the Idaho Suicide Prevention Action Collective (ISPAC). Its purpose is to move forward the work of the suicide prevention plan and ensure the suicide prevention activities are implemented statewide.

Throughout the 2019 year, a significant effort was spent in developing and building collaborative partnerships among suicide prevention stakeholders across the state to engage in providing services that will contribute to reducing death by suicide. Over 40 stakeholders met monthly to begin the implementation of the action plan for suicide prevention. Six (6) Key Performance Area (KPA) teams were formed and have been working diligently to address targeted goals and objectives of the Plan. A consultant, Balance Recovery, was contracted to assist in the structuring, forming and organizing of ISPAC.

A program manager and part-time Health Education Specialist were hired and, in collaboration with ISPAC, have been engaged in the following activities:

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings

The Capacity Building and Infrastructure KPA team has been working to expand membership in ISPAC with initial focus on incorporating the faith community, colleges, and youth.

Contracted with three (3) local Public Health Districts (1, 3 & 6) to develop *Regional Collectives* which will support the implementation work of the plan at a local level by organizing and coordinating a districtwide collective of individuals, businesses, community members and survivors.

Contracted with State Department of Education to hire three (3) full time regional coordinators (Northern, Southwestern and Southeastern) to provide direct support and training to schools and communities. 25 schools across Idaho have been trained and are implementing the Sources of

Strengthen suicide prevention program with consultation and guidance from three (3) regional coordinators.

Development of a listserv of existing statewide suicide prevention providers to facilitate increased statewide communication and coordination of efforts.

Developed an internship program for college students to assist in suicide prevention efforts. One student from Boise State University assisted in revamping the Health Tools, reaching out to all public and private Institutions of Higher Education in Idaho and disseminating suicide prevention material to stakeholders.

In the process of restructuring the Department of Health & Welfare's Suicide Prevention *Website* to create a hub of information for individuals seeking training, supports, and resources. The website has updated with current information along with a calendar of suicide prevention activities, events and training, and disseminate information about evidenced-based suicide prevention trainings and available trainers.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk

The Community and Outreach KPA team has been researching and exploring ways to implement lethal means restriction efforts including reconvening the Lethal Means Task Force and developing educational material. The SPP will attend the first gun show in Boise this January to begin collaborating with gun owners and providing education about safe gun use and storage. In coordination with the Veterans Affairs Office, gun locks were distributed.

**Goal 7:** Expand knowledge of community and clinical service providers on the nature, related behaviors and prevention of suicide

The Training and Technical Assistance KPA team developed a recommended process for the selection of evidence-based suicide prevention programs and compiled a list of available evidenced based training programs and a list of certified trainers. Coordinated with the Bureau of Occupational Licenses to get specific suicide prevention trainings approved for Continuing Education Units.

**Goal 8:** Embed suicide prevention as a core component of health care services

The Suicide Care and Zero Suicide KPA team has been working with Public Health District 6 (Southeastern) to identify 14 health facilities to develop a Zero Suicide system-wide culture change which will increase suicide prevention screening, referrals and services to patients in health and behavioral health care.

Contracted and coordinated with Education Development Center to offer a Zero Suicide Academy for Region 6 - 14 health care facilities for April 14 & 15, 2020.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

Increased funding to the *Suicide Prevention Hotline* to allow for 24/7 call, text and chat. Collaboration occurred with the 2-1-1 program to facilitate a seamless referral process to the Hotline. Hotline staff arranged to provide suicide prevention training to 2-1-1 staff.

Funded rural police agencies to allow for officers to attend *Crisis Intervention Team (CIT)* training by providing travel reimbursement and money to provide additional police coverage while officers are attending the training. All CIT Law Enforcement Agencies received the application and two (2) agencies have requested and been approved for funding.

Continued to update and distribute Loss Survivor Packets.

Developed a contact list of survivor support groups and crisis center information across the state for distribution.

**Goal 11:** Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action

The Data, Evaluation and Systems Integration KPA team worked to develop suicide prevention data surveillance sources to inform on-going efforts and assess effectiveness of efforts. Data Surveillance sources have been identified, a system of tracking the data is being developed and ways to disseminate information is being evaluated. Fact Sheets and other documents with data have been updated and a system to ensure on-going updating has been established.

The Advocacy and Policy KPA team has been working to develop a concurrent resolution to establish an all-payer claims database which will facilitate data collection.

**Goal 12:** Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesize and disseminate findings

Contracted with the State Department of Education to conduct and complete a youth suicide prevention gap analysis, the Idaho Suicide Safe Schools Survey. Results were disseminated to all school districts. Regional Coordinators will assist schools in developing a plan to address district specific needs.

Contracted with Idaho State University to conduct a Gap Analysis of existing suicide prevention efforts to use to guide the statewide suicide prevention efforts.

## **Magic Valley Suicide Awareness and Prevention**

Twin Falls has formed a 501(c)(3) Magic Valley Suicide Awareness and Prevention. Up to this point our activity has been limited to the business end of things, obtaining the non-profit status.

We have a group that meets once a month and are working on website development as well as written material to hand out. We are also working to put together a packet that the coroners can give to families that have lost someone to suicide.

Lori Stewart



## Mini-Cassia PAuSe



### **Mission:**

The Mini-Cassia Suicide, Prevention, Awareness & Support Corporation's mission is to reduce suicide by providing prevention and awareness through education in our schools and throughout our community. And providing support and resources to survivors to find hope and healing.

### **Accomplishments:**

- Our group was previously a Chapter of SPAN Idaho. On January 24, 2019 we filed as a non-profit 5013c under the name Mini Cassia Suicide, Prevention, Awareness & Support Corporation.
- Developed Bylaws and elected a six-member volunteer board which meets monthly.
- Joined the Mini-Cassia Chamber to increase community relationships and visibility.
- A brochure was created and printed. This resource has hotline numbers, suicide warning signs, and information about our meeting schedules and our contact information. Website and Facebook page has been developed for messaging.
- Two billboards were created on heavy vinyl with the ability of being reused. One was placed in a visible location in Rupert and the other in Burley. The message was seen for two months as passersby received the message of hope that "Every life Matters."
- Created a "Grief Support Committee." This group of individuals is available to provide support to those who have lost a loved one to suicide or attempts. Grief baskets including blankets or robes, resource material, a supportive book, stuffed animals if appropriate. Remembrance cards are also sent remembering holidays, birthdays, or other special times of need.
- We were the recipient of one of the Magellan \$5,000 awards presented in Boise on June 12, 2019. Funds are being used to support programs and our upcoming speaker in January.

### **Activities**

- We hold regular monthly meetings. Every other month we have a noon "lunch and learn" event. Some of the topics have been local clergy speaking about "grief," counselors on the LGBT community and suicide, emergency responders addressing job related stress. The November meeting will offer ways to handle the stress of the holidays
- In striving to achieve our mission of spreading education about suicide to our community, board members have spoken to many local service organizations. The Kiwanian's, Lion's,

Rotary Club's, as well as four local Church's and three area Women's groups have had our group as an invited guest to share education about how the signs of suicide, where to find resources, and given out materials and gun locks to several hundred at these events.

- We have been represented at two local Hospital Health Fairs this year as well as one Community Mental Health walk. Educational material and gun locks are distributed.
- Two Mental Health First Aid classes and two QPR classes were offered in our community.
- We support "Kindness Rock's" Programs in our community. Three after school programs are provided rocks and painting supplies. The juveniles' in our areas probation and parole program are also participating in painting rocks with positive messages of hope and encouragement. We put these rocks out at our meetings and in our support baskets.
- A Memorial Golf Scramble was held August 20, 2019. This event was in support of suicide awareness in our community. It was well attended, and our group participated to help with the event.

#### **Goals:**

- We are currently working on a Resource Guide. It will include information about Suicide Prevention, and Emotional Mental Health Support. This guide will include contact information for our local community and state.
- January 6, 2020 we will support bringing in an educational speaker to our community. Collin Kartchner has been booked to address High School students during the day and an evening presentation to the public in the evening. We are currently involved in the planning of this event.

Kyle Hodges, President  
Dixie Tate, Vice President  
Jeanne Allen, Secretary  
Gail Gallegos, Treasurer  
Kim Bedke, Board Member  
Esmeralda Cruz, Board Member

kylephodges@hotmail.com  
dtate@co.minidoka.id.us  
alljeann@cassiaschools.org  
galgail@cassiaschools.org  
bedkim@cassiaschools.org  
[ecruz@fhsid.org](mailto:ecruz@fhsid.org)

Mini Cassia Suicide Prevention, Awareness, and Support Corporation  
P.O. Box 464 Heyburn, Idaho 83336



## **Shoshone-Bannock Tribes**

### **Mission**

The Shoshone-Bannock Tribes seek to deliver quality Mental Health services to the Shoshone-Bannock Tribes and all eligible recipients. Services integrate traditional Native American beliefs and practices with Western attitudes and approaches that are delivered in a culturally competent, professional, confidential atmosphere.

### **Data that Drives Our Efforts**

- There are 573 federally recognized Indian Nations in the United States, 6 of those Tribes reside in Idaho; Shoshone-Bannock, Nez Perce, Shoshoni-Paiute, Coeur D'Alene, Kootenai, and Northwest Band of Shoshoni (non-land based).
- Suicide rates are more than double, and Native teens experience the highest rate of suicide of any population group in the United States.
- Suicide is the 2<sup>nd</sup> leading cause of death – and 2.5 times the national rate – for American Indian/Alaska Native youth in the 15-24 age group.
- 22% of females and 12% of males reported to have attempted suicide, while 5% had serious thoughts of suicide in the past year.
- Idaho consistently rates among the top ten states for the highest rates of suicide.

### **Accomplishments/Activities**

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings

- Awarded Suicide Strategic Planning grant, hosted planning meeting 51 people from on and off the reservation attended, met with 17 surrounding schools to share resources for Native Students that may be suicidal, gave out mouse pads with crisis contact numbers

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors

- Round Table discussion on suicide awareness at all five districts of the reservation

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- How to Prevent Suicide Essay Contest for Tribal college students \$5000 Scholarships

**Goal 4:** Promote responsible and accurate portrayals of suicide and mental illness in media reporting and the safety of online content related to suicide

- Students and staff painted five billboards regarding suicide awareness and placed throughout the reservation.
- Through the MSPI grant put up six professional billboards in the community with Suicide Awareness messages and phone/text numbers

**Goal 5:** Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors

- Implementing the Zero Suicide Model to fit our Tribal community

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk

- Wrote joint policy on how to Reduce Access to Lethal Means

**Goal 7:** Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide

- Community Suicide Awareness Conference
- Talent Show with emphasis on Suicide Awareness

**Goal 8:** Embed suicide prevention as a core component of health care services

- Implement Zero Suicide model, conducting PHQ-9 screenings at the Indian Health Service clinic and mental health clinic
- Screening all youth at Juvenile Detention with Alaska Screening tool

**Goal 9:** Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors

- All clinical staff trained QPR (Question, Persuade and Refer), Mental Health First Aid – 2 staff trained as trainers
- Three staff trained as ASIST (Applied Suicide Intervention Skills Training)

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Offering Suicide Survivors Packets to family members in community
- Hosted Suicide Survivors Day for community members
- Set up Mental Health Booths that screen with PHQ-9 at Tribal activities

**Goal 11:** Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action

- Awarded the Garrett Lee Smith Youth Suicide Prevention Grant- monthly Zero Suicide Implementation meetings
- Awarded Methamphetamine Suicide Prevention Initiative Grant

**Goal 12:** Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesis and disseminate findings

- Tracking data on the Fort Hall Reservation, suicides have decreased by half since last year – continue to do awareness, outreach, intervention and postvention



## **Southeastern Idaho Public Health (SIPH) Partner Report**

**Mission:** Every day, in every way, empowering and improving health.

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings.

- Audience-specific gatekeeper training for communities: Seven sessions of QPR were delivered with 67 completed certifications. Three sessions of Adult Mental Health First Aid were delivered with 26 completing certification requirements. Future plans: Continue to promote and deliver QPR and Adult Mental Health First Aid regularly via SIPH offices in PHD6 and through agency requests. Coordinator to seek ongoing train-the-trainer opportunities to broaden training opportunities in region.
- Development of relationships of various suicide prevention stakeholders: Suicide Prevention Program Coordinator is forming new relationships with area stakeholders and building upon existing relationships and past partnerships in community. The Coordinator serves as a board member for Community Suicide Prevention (formerly SPAN Regions 6 and 7), regularly attends the Region 6 Behavioral Health Board (RBHB) monthly meetings, utilizes opportunities to connect with local service providers at outreach events, maintains relationships with healthcare partners, and is working to become a known suicide prevention resource in rural settings. The Coordinator also provides updates to the Region 6 Board of Health and attended Idaho Suicide Prevention Day at the Capitol and with the District Director, Maggie Mann, and was able to meet with most of our legislators to promote support for Idaho suicide prevention activities.

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

- Promotion of messages of hope, help and resilience within communities, schools, workplaces: Regular and frequent messages are broadcast through SIPH's social media platforms regarding mental health, help-seeking, social support, stigma reduction, and awareness. The messages we post come from trusted public health, government, or suicide prevention organizations. Display boards for health fairs other events are created around safe messaging strategies promoted by the Suicide Prevention Resource Center (SPRC). The Coordinator completed SPRC trainings on safe messaging available on the SPRC and communicates accordingly. The Coordinator was interviewed for the "Health Matters" radio program to be broadcasted on Idaho State University's (ISU) radio station, KISU. The Coordinator has participated in 9 health-fair/outreach events and provided 8 educational presentations in Region 6 since February 1, 2019. Future plans: Continue with current strategies.
- Promotion of the utilization of Behavioral Health Crisis Centers and the Idaho Suicide Prevention Hotline (ISPH): The Coordinator promotes awareness and use of the Idaho Behavioral Health Crisis Centers and the ISPH in all appropriate outreach events including trainings, presentations, health fairs, community events, etc. The Idaho Suicide Prevention

Hotline wallet cards are distributed as part of most outreach events. More than 300 wallet cards have been distributed since February of 2019. The Region 6 Behavioral Crisis Center's phone number, address, and brief description of services is provided at each public presentation/event and is included in the Region 6 Behavioral Health Board Resource brochure. The brochure is distributed through each local SIPH office, through SIPH staff, through Regional Behavioral Health Board members and visitors, and is available on the SIPH website. The brochure is organized by county and includes behavioral health services, recovery services, support groups, and other assistive services.

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

Organization of strength-based, community wellness events that promote belongingness: Engagement with Pocatello Kind Community at annual event. Provided postcards for community members to write words of kindness, hope, and inspiration to other community members in need of a positive word. Delivered the postcards to Region 6 Crisis Center to distribute upon intake. Future plans: Continue to make postcards available at health fairs and other outreach events. Work with Kind Community for February 2020 kindness event.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk.

All suicide prevention presentations, display boards, and health-fair/outreach opportunities include information on safe storage of firearms and safe medication storage and disposal. Means reduction handouts are distributed along with information about where to acquire gun locks/trigger locks. Prescription drug take-back locations are promoted via handouts made available through the Idaho Office of Drug Policy. Future plans: Connect with regional firearm dealers, hunting/sports shooting clubs, and Fish and Game hunter safety programs to promote means safety.

**Goal 7:** Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide.

Conduct trainings by leading experts in the Assessment and Management in Suicide Risk: Collaborate Assessment and Management of Suicidality (CAMS) training was organized by Southeastern Idaho Public Health, funded by the Portneuf Healthcare Foundation, and hosted by Idaho State University on December 3, 2018. Ninety-one participants attended the training.

**Goal 8:** Embed suicide prevention as a core component of health care services.

Establishment of Zero-Suicide model pilot sites in the state: Actively recruiting healthcare facilities to participate at this time. Also securing training location and related Academy promotion and preparation.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

The Coordinator has identified one suicide loss support group and is working to establish a second in our region. Two-hundred loss survivor packets have been obtained through the ISSP and are being distributed to all funeral homes in the region. The Coordinator is delivering *Supporting survivors of suicide loss: A guide for funeral directors* to all regional funeral homes with the survivor packets. Distribution to all regional funeral homes is expected to be complete by December 31, 2019. Some of these visits have resulted in training requests for staff and community.

**Goal 11: Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action.**

Utilization of Idaho Violent Death Reporting System data: The Coordinator recently attended the IDVDRS meeting to learn more about the system and challenges with surveillance in order to be able to promote and support surveillance efforts when working with local stakeholders.





## Suicide Prevention of the Inland Northwest

Suicide Prevention of the Inland Northwest was formerly known as SPAN-ID Region II. With news of the planned dissolution of SPAN-ID, little discussion was needed to determine next steps for the Region II team. All involved felt that our work in suicide prevention had made an impact on the communities served and was an extremely worthwhile contribution. Thus, Suicide Prevention of the Inland Northwest (SPIN) was formed.

### **Mission:**

SPIN exists to reduce stigma surrounding suicide and mental health in our region through education and awareness events and to reduce suicide deaths.

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings.

- Audience-specific gatekeeper training for communities.
- Development of relationships of various suicide prevention stakeholders.

SPIN has provided 7 gatekeeper trainings throughout our region over the last year, training approximately 130 people. We have also partnered closely with Twin County United Way and Bridge the Gap to bring awareness events and education to the community.

**Future Goals:** SPIN will be providing multiple QPR instructor grants to individuals who want to teach QPR in their communities. These will be awarded January 2020.

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

- Promotion of the utilization of Behavioral Health Crisis Centers and the Idaho Suicide Prevention Hotline.

SPIN printed and distributed nearly 9,000 stickers with the Idaho Suicide Prevention Hotline information to be placed on our region's high school/middle school student identification cards.

**Future:** Our goal is to propose to the Idaho Education Board that the hotline number be required for placement on all Idaho high school/middle school student identification cards.

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

- Outreach to those that are socially and/or geographically isolated and/or at risk.

SPIN has done outreach to our more isolated areas by distributing hotline stickers for school student identification cards, through QPR courses and our QPR instructor grants (to be awarded January 2020).

**Future:** SPIN will be sponsoring multiple billboards highlighting suicide prevention and the Idaho Suicide Prevention Hotline in our most rural areas.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk.

- Distribution of gun locks statewide
- SPIN has distributed over 500 gunlocks at various events. We also held a Safe Storage Saves Lives campaign that involved raffling a full-size gun safe to raise awareness of the importance of reducing access to lethal means. SPIN will be present at a local gun show distributing additional gunlocks and information on promoting gun safety and reducing access to lethal means.

**Future Goal:** SPIN plans to continue the Safe Storage Saves Lives campaign annually and to increase our presence and partnership with local firearm-supporting activities, businesses and agencies.

**Goal 7:** Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide.

- Conduct trainings by leading experts in the Assessment and Management in Suicide Risk-annual conference.

SPIN held a professional conference in April that focused on aspiring to a zero-suicide mindset. With nearly 100 attendees, we were able to reach professionals from nearly all of our region's counties.

**Future Goals:** SPIN plans to again provide a conference in the spring and to also offer a community education track for non-professionals.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.

- Collaboration with and training to first responders to provide support and educate on increasing protective factors and communication skills to community members around suicide death.

SPIN has partnered with the local chief of police to start identifying ways to integrate suicide prevention training into local law enforcement education.

**Future Goals:** Implement suicide prevention education and/or awareness activities into the law enforcement community.



## United States Department of Veterans Affairs

### Boise Veterans Affairs Medical Center Suicide Prevention Program

The Veterans Affairs' mission for suicide prevention is to provide ready access to high quality mental health (and other health care) services supplemented by programs designed to help individuals and families engage in care and to address suicide prevention in high risk patients. Outreach, education and participation on community boards are critical aspects of the Boise VAMC suicide prevention program.

- In the last 12 months approximately 420 Idaho Veterans were connected to the Suicide Prevention Coordinator by Veterans Crisis Line consults, community hospitals, various social welfare agencies, families and friends, and have been connected with VA Services.
- In the last 12 months the Boise VAMC had 57 Idaho Veterans identified as High Risk for Suicide and provided enhanced mental health services. There were 66 suicide attempts and 12 suicides were reported. In 2017 (most recent CDC statistics) there were 49 veteran suicides in Idaho accounting for 12.47% of the total Idaho suicides in that year. It should be noted that the national average for the percentage of veteran suicides was 20%.

The Suicide Prevention Coordinator and VA Mental Health staff provide community outreach that includes education on veteran's mental health issues, suicide prevention and intervention, and providing Veterans Crisis Line materials at community events. The Boise VAMC Suicide Prevention efforts included:

- 132 community outreach activities, including 35 presentations on the topics of suicide prevention, working with suicidal veterans, suicide risk assessment and intervention strategies. ( ISPP Goals #1, #3 and #4, and #9)
- Outreach Highlights
  - VA Mental Health Summit, Caldwell, Idaho on May 15, 2019. Approximately 37 community partners attended the conference. Keynote presentation on Means Restriction and Safety Planning. (ISPP Goals #1, #3, #4, #6 and #7)
  - Rural outreach providing mental health and suicide prevention education in McCall, Ketchum, Ontario, and Emmett called "Conversations with the Community." (ISSP Goals #1, #3, #5, #7 and #10)

- Developed Partnership with Micron and Micron's Veteran Employees Association and provided several trainings on Post Discharge (Understanding Veterans and Service Members Post Deployment, Suicide Prevention and Working with Suicidal Veterans). (ISPP Goal #1 and #3)
- Providing over 4,000-gun locks to various agencies, including hospitals, law enforcement and the Idaho Suicide Prevention Program for distribution. (ISPP Goal #6)
- Training on Veteran Suicide at two Idaho CIT trainings and one prison. (ISPP Goal #10).
- Implemented Suicide Prevention in the Emergency Department (SPED) that is a uniform VA program assuring all veterans at risk who present to ED will receive a comprehensive suicide safety plan and structured mental health follow up until first Behavioral Health appointment is attended. (ISPP Goal # 6 and #8)
- Continued use of REACH VET predictive modeling program to outreach veterans identified as a statistical high risk for suicide. Currently 32 veterans are identified as being in the top .01 percent for risk for suicide in the next 18 months. (ISPP Goal #8)

The VA is providing assessment and therapy to veterans in rural communities through Tele-Health Services. (ISPP Goal #3 and #8).

## **Upper Valley Suicide Prevention**

Upper Valley Suicide Prevention organized since the closure of SPAN and operate under Madison Cares. We have been covering Madison, Fremont, Jefferson and Clark Counties.

January 2020 we will be covering Madison County only. We hold monthly meetings at Madison Memorial Hospital on the first Tuesday of each month 12:00 p.m. to 1:00 p.m. We have not had support groups in the area due to lack of training but have volunteers ready to provide training for support groups once trained.

Just in Madison County alone there have been 10-12 students from the University that go to the ER weekly with suicide ideation. We work with community partners to get information and resources out to the community. Our community does need education and help.

Judy Nelson  
208-360-5317

# COLLEGE REPORTS





## **Boise State University (BSU)**

### **Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings

- Audience-specific gatekeeper training for communities
- Programs and policies that promote social connectedness and promote healthy mental and emotional health
- Development of relationships of various suicide prevention stakeholders
- Utilization and or implementation of Employee Assistance Programs for mental health services

In January 2019, Boise State implemented Kognito *At-Risk* as the University's gatekeeper training. The *At-Risk* simulations are structured as virtual practice environments; users engage in virtual conversations with student avatars that exhibit signs of psychological distress and suicidal ideation. In this process, users learn to recognize warning signs and use motivational interviewing tactics, such as asking open-ended questions and reflective listening to build trust and motivate the student to seek help. Kognito will be promoted through large-scale departmental and organizational trainings. Additionally, because the program is more accessible than a workshop, it can be provided independently to concerned faculty, staff, and students prior to engaging in a caring conversation with a student. The rollout of the training has taken time but to date, 222 student and 83 faculty and staff have completed the training.

Boise State is also working to strengthen partnership with the Idaho Suicide Prevention Hotline, DHW Mobile Crisis Unit and area psychiatric hospitals. Efforts this last year have included cross training on staff on services areas, co-hosting awareness events, changes to intake and discharge protocols to enhance the continuity of care for students.

### **Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors

- Promotion of messages of hope, help and resilience within communities, schools, workplaces
- Promotion of the utilization of Behavioral Health Crisis Centers and the Idaho Suicide Prevention Hotline

*Source of Strength* (SoS) was adopted as the University's comprehensive wellness program for suicide prevention. SoS is a strength-based, peer-led approach to prevention focused on changing social norms, increasing help-seeking, and promoting adaptability to the stress of life that many college students face. Although SoS has typically been implemented in the K-12 systems, universities are now finding value in the model and SoS has been adapted for the college setting to support diverse student populations. In August 2019, Boise State held its first peer leader training. Throughout Fall semester, Boise State staff and faculty advisors have been supporting these student leaders in the development of different awareness events.

From a model of *Normalize, Notice, Ask, Refer*, Boise State is promoting that faculty add statements to syllabi and program handbooks that acknowledge the mental health impacts of the college experience and a list of campus resources.

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Outreach to those that are socially and/or geographically isolated and/or at risk.
- Organization of strength-based, community wellness events that promote belongingness

Through grant funding, Boise State was able to hire a full-time case manager to assist Boise State in increasing its outreach and prevention efforts to students at risk. Services include follow-up with a student post-hospitalization, case management services, referrals to on-campus and community mental health providers, and consultation and coaching with campus community members who are worried about the health and safety of a student.

Boise State is formulating suicide awareness training that will be provided to all new faculty and staff during the onboarding process to the university. This training is specifically aimed at increasing faculty and staff knowledge, awareness, and skill as it pertains to identifying warning signs for suicidal ideation with colleagues, and then appropriate intervention.

**Goal 4:** Promote responsible and accurate portrayals of suicide and mental illness in media reporting and the safety of online content related to suicide

- Distribution of Recommendation for Reporting on Suicide to news organizations
- Use of the Framework for Successful Messaging for media content
- Training and the integration of responsible reporting guidelines on college and university campuses

**Goal 5:** Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors

- Tribal, community and public/private partnerships in implementing prevention intervention efforts



- Identification of, and outreach to at-risk populations

Boise State Health Services provided several hundred wellness and preventative outreach events in FY19 reaching at least 12,413 members of the campus community.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk

- Implementation of Counseling on Access to Lethal Means (CALM) in the course of all clinical activity
- Distribution of gun locks statewide
- Distribution of Idaho Lethal Means packets statewide
- Education of communities on medication take-back days and proper prescription drug disposal

**Goal 7:** Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide

- Conduct expert panel, townhall meetings and presentation within communities to discuss suicide prevention and mental wellness
- Conduct trainings by leading experts in the Assessment and Management in Suicide Risk
- Implementation of suicide risk assessment and management into University curricula for clinical program students statewide

Boise State Counseling Services providers annually attend continuing education workshops and other trainings (Mental Health First Aid) targeted at suicide prevention.

**Goal 8:** Embed suicide prevention as a core component of health care services

- Establishment of Zero-Suicide model pilot sites in the state
- Implement and support the Zero-Suicide initiative
- Implementation of a framework for follow-up with high-risk patients

**Goal 9:** Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors

- Ensure that counselors identified within Employee Assistance Programs have proper training in assessing and managing suicide risk
- Provision to university counseling students with appropriate tools, resources and training to properly identify and assess high risk populations

- Education of family members on appropriate follow-up protocols and the importance of counseling on the access to lethal means

Boise State Counseling Services providers annually attend continuing education workshops and other trainings (Mental Health First Aid) targeted at suicide prevention.

**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Offering of loss survivor support groups
- Offering of survivor groups
- Collaboration with and training to first responders to provide support and educate on increasing protective factors and communication skills to community members around suicide death

Boise State Counseling Services and Dean of Students Office provide postvention groups and facilitated discussions to groups impacted by suicide.

Boise State Counseling Services and Dean of Students Office act as subject matter expert consultants for departments and administrators when constructing departmental or university wide notices of recent suicides / other deaths.

**Goal 11:** Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action

- Assisting county coroners to move to an electronic system with appropriate technical support
- Utilization of Idaho Violent Death Reporting System data
- Data collection of efforts for suicide and suicidal behavior (surveillance data)

Through the GLS grant, Boise State has implemented a data collection system to better track suicide attempts and completions.

**Goal 12:** Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesis and disseminate findings

- Evaluation of Institutions of Higher Education suicide prevention programs
- Performance management and continuous quality improvement activities to determine program effectiveness across the suicide prevention system statewide

## **Brigham Young University-Idaho (BYUI)**



We have started conducting QPR training on campus to groups of both employees and students. Andra Hansen of our Communication Department Faculty and several students are official trainers.

J. Reed Stoddard, LCSW

Director, BYU-Idaho Counseling Center



## **College of Idaho (C of I)\_**

College of Idaho conducts yearly QPR trainings for the entire Campus Safety Staff, our Advocates, and all RAs. In addition, C of I have been training the local Vallivue school district teachers and begun Youth QPR training.

The College of Idaho has a Suicide Prevention Team made up of Wellness, Campus Safety, Residence Life, and the Dean of Student Affairs. We have an anonymous Online Incident Report to be completed when someone in the Community is worried about another community member's safety. Once the report is received, one of our counselors conducts a suicide assessment within 24 hours.

### **QPR on Campus:**

- 25 Campus Safety
- 12 Advocates
- 35 RAs

### **QPR with Vallivue School District:**

- September- 100 teachers Vallivue High School
- October- 1,050 Students; 100 teachers Ridgeview High School

Cynthia Mauzerall, M.A., LCPC

Director of The Health and Wellness Center

## College of Southern Idaho (CSI)



### **Last year (2018 – 2019) accomplishments:**

- 1) RA Training for Suicide Awareness/Prevention
  - a. Includes signs of suicidal ideation/intent, how to talk to someone thinking of harming themselves, and resources to refer them to
  - b. 10 RA's
- 2) Table event on World Suicide Prevention Day
  - a. Hand out pamphlets, key chains, magnets, etc. with warning signs, talking points and resources, as well as bracelets provided by Optum (Start the Conversation, Stop the Stigma) Posters with suicide prevention themes placed all over campus.
  - b. A community member paid for these materials
  - c. 40 students reached
- 3) Visits to 2 classrooms helping students process the suicide of a classmate.
  - a. Also provided warning signs, talking points and resources to those classes
  - b. 45 Students
- 4) Visits to classrooms across campus marketing Counseling Services
  - a. Presentations last from 5 to 50 minutes
  - b. We mention our dept. as a resource for students/staff considering suicide
  - c. 860 Students

We beefed up our World Suicide Prevention Day efforts considerably this year, reaching about 120 students. And, we've written a grant for suicide prevention, which will target three (3) areas at CSI and have a much bigger impact on not only our campus but the Magic Valley community as well. The grant money comes from the Twin Falls Health Initiative Trust.

Carol Vanhoozer, M.Ed., LPC

Coordinator of Counseling Services

## College of Western Idaho (CWI)



**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings

Suicide Prevention training with CWI Enrollment and Student Services staff.

Rebecca Sprague, Health Education Specialist with the Suicide Prevention Program of the Department of Public Health provided training with approximately 90 staff in attendance April 2019.

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

Posting “Rock Your Role” posters and materials around campus year-round. Information is highlighted on campus TV screens during September and April. Ongoing .Suicide hotline cards distributed around campus – ongoing.

**Goal 9:** Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors.

Ongoing professional development by CWI Counseling staff. Attended the ICA Keynote Address – “Attending to Suicide Risks” by Kent Corso in November 2019. In addition, a monthly newsletter is distributed, and information posted on Facebook through [Campus Well](#). This often includes content about wellness, mental health, and suicide prevention/awareness.

## **Idaho State University (ISU)**

### **Counseling & Testing Service (Pocatello, Idaho Falls, and Meridian campuses)**

**Goal 1:** Integrate and coordinate suicide prevention activities across multiple sectors and settings

- QPR suicide prevention trainings offered consistently across campus – to targeted audiences (i.e. Housing staff and specific departments) and many that are open to anyone on campus who wants to attend. 2018-2019 academic year: 585 individuals attended 32 QPR trainings
- RESPOND: Partnering for Campus Mental Health trainings (includes suicide awareness and prevention, and education about resources, including the Employee Assistance Program) offered to ISU faculty and staff. 2018-2019 academic year: 231 individuals attended 12 trainings
- In the 2018-19 academic year, ISU Counseling & Testing Service offered 362 different mental health and wellness education and prevention outreach events which were attended by 10,739 individuals.
- We run 5-6 therapy groups each semester which are designed to encourage social connection and professional and peer support. We also run 4 “connections” support groups each semester for specific potentially at-risk populations to encourage peer support, connection, and wellness.
- We offer high quality mental health services to ISU students, including group, individual, biofeedback, and crisis counseling.

**Goal 2:** Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors

- We regularly reach out to students through education and prevention efforts and use ISU social media to encourage wellness and utilization of services.
- We regularly promote the utilization of Behavioral Health Crisis Centers and the Idaho Suicide Prevention Hotline.

**Goal 3:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- We do outreach to those that are socially isolated and/or at risk. We have also created connections groups for specific populations of students who might be less likely to access traditional mental health services.

**Goal 4:** Promote responsible and accurate portrayals of suicide and mental illness in media reporting and the safety of online content related to suicide

- We have reached out to media outlets about responsible reporting following suicides in the community.

**Goal 5:** Develop, implement and monitor effective programs that promote wellness and prevent suicide and related behaviors

- We work to identify “at-risk” groups of students on campus and ways to most effectively outreach to them. We partner with specific group and departments to try to best reach students and provide wellness services that will appeal to them.

**Goal 6:** Reduce access to lethal means of suicide among individuals with suicide risk

- We distribute gun locks that have been provided to us by the VA.
- We provide education about safe disposal of medications and locations of medication disposal bins on campus and in the community.

**Goal 7:** Expand knowledge of community and clinical service providers on nature, related behaviors and prevention of suicide

- We regularly present trainings about mental health awareness, suicide prevention, and how-to best support people.
- We are often invited to present QPR suicide prevention trainings and additional suicide prevention trainings to specific academic departments including clinical programs.

**Goal 8:** Embed suicide prevention as a core component of health care services

- We work closely with the ISU Health Center to consult about and coordinate care for high risk and suicidal students.
- We offer follow-up crisis management appointments for students who are at risk for suicide or have other risk factors.

**Goal 9:** Promote and implement effective clinical and professional practices for assessing and treating those identifying as being at risk for suicidal behaviors

- Our staff regularly undergo continuing education training to stay up to date on current practices including suicide risk assessment and treatment.
- We offer trainings across our campus for identifying suicide risk factors and warning signs and connecting suicidal people to needed resources.



**Goal 10:** Increase knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery

- Risk and protective factors for suicide are part of many of our trainings.
- We collaborate with and train our campus first responders, e.g. Housing staff, Public Safety, coaches, and others who work closely with students

**Goal 11:** Increase timeliness and usefulness of state and local surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use this information for action

- We regularly track relevant statistics to inform our outreach efforts and educate our campus community.

**Goal 12:** Evaluate the impact and effectiveness of suicide prevention, intervention and systems and synthesis and disseminate findings

- We evaluate our services on an ongoing basis through participant evaluations and client satisfaction surveys.

## **Lewis-Clark State College (LCSC)**

LCSC going Suicide Prevention/response:

- Regular trainings to student staff members (RA's, Security staff, peer mentors, etc.)
- QPR training offered each semester to campus community (usually about 30-40 attendees including students, faculty and staff)
- Student Support Network training provided for interested students; 6-hour bystander training on depression, anxiety, substance abuse and specifically suicide response.
- Fresh Check Day – annual event emphasizing mental health and specifically suicide awareness/prevention
- Education/awareness activities – Mental Health Awareness week – includes various events/activities on student mental health issues/suicide, Suicide hotline info, SCC services promotion, etc. Also present on depression suicide and bystander training to various classes through Don't Cancel Your Class and in other classroom presentations as requested.
- Student Counseling Center/Student Health Services Wellness Workshop series on mental and physical health topics including depression and suicide.
- Provide regular suicide screening, response and assessment services through Student Counseling Center and on campus Student Health Services.
- Collect student data related to behavioral health concerns including suicide through implementation of ACHA-NCHA survey.
- We also partner with Suicide Prevention of the Inland Northwest (formally SPAN Id – District 2) to host various campus/community programs such as the annual Taking Action – Saving Lives Suicide Prevention conference for professionals and community members each spring.



## **Northwest Nazarene University (NNU)**

Every student in a leadership position and all student life staff go through suicide prevention training during our annual leadership retreat - approximately 120 students/staff. This semester we have had at least two speakers on campus who addressed suicide as well.

Malinda A. Poe, MS, LPC  
Director of Counseling Services  
NNU Wellness Center



## **University of Idaho (UI)**

### **Campus Suicide Prevention Grant**

The University of Idaho recently completed a 3-year, \$303,000 Garrett Lee Smith grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) in September 2016. The grant's purpose was to develop a comprehensive, coordinated, and sustainable suicide prevention effort on the campus. The Counseling and Testing Center coordinated with Vandal Health Education in transferring many of the suicide prevention activities to that unit at the completion of the grant. One of the principle outcomes of the grant was the funding of a new Mental Health Educator.

### **VandalCare (Advocate) Reporting System**

The University of Idaho has developed the VandalCare (Advocate) reporting system to help identify students who may be experiencing academic and/or mental health issues. These reports are submitted by faculty, staff and/or students who want to communicate their concerns to campus administrators. The reports are reviewed, and students are provided with resources to assist with their specific concerns. Any reports that include information regarding a potential suicide threat or attempt are forwarded to the Suicide Prevention Team for review.

### **Suicide Prevention Policy**

The University of Idaho has a Suicide Prevention Policy that evaluates whether a student has threatened or attempted suicide, engaged in efforts to prepare to commit suicide or expressed a preoccupation with suicide. The Suicide Prevention Team evaluates all credible reports received through the Advocate Reporting System and determines whether a student has engaged in suicidal behavior covered by the policy. If a student has engaged in suicidal behavior the policy requires an individualized assessment from a licensed mental health provider within a week of the incident. The purpose of the assessment is multifaceted and includes a comprehensive evaluation of the precipitating incident, prior attempts and threats and a risk assessment focused on a student's current mental health status.

### **Continuum of Care**

The Counseling and Testing Center has established collaborative relationships with local hospitals and other mental health agencies to provide a continuum of care for at risk students and to receive discharge summaries to assist in coordination of services. These relationships have facilitated coordination of care and treatment planning following discharge from hospitals whenever students have made a suicide attempt.

## **Major Programming Initiatives**

### **QPR (42 trainings, 1041 trained)**

Question, Persuade, Refer (QPR) Suicide Gatekeeper Prevention Trainings are offered in open sessions for all members of the U of I community, through the Don't Cancel Your Class Program, and are available upon request. Open sessions are available on Zoom for those located off the U of I campus. This 1-hour training covers warning signs someone may be having thoughts of suicide as well as how to facilitate a conversation about suicide and refer to appropriate resources. Through learning the steps of QPR participants are given the tools to identify and respond when someone may be at risk. Awareness of warning signs can help the campus community recognize when someone may be experiencing thoughts of suicide and can help foster the environment that it is ok to talk about suicide and check-in with those we are concerned about. This training has been offered for over five years on campus and the community remains engaged in the opportunity; during fall 2018, over 1000 U of I community members were trained in the program.

### **Mental Health First Aid (6 trainings, 113 trained)**

Mental Health First Aid is an eight-hour national certification training designed to help participants learn to recognize and respond to common mental health concerns. The course is offered once a semester for faculty/staff and students respectively and is available upon request. The course covers depression, anxiety, psychosis, and substance use. Participants learn how to assess for risk of suicide or harm as a part of the Mental Health First Aid action plan. This training enables participants to recognize when someone may need help and ask questions to determine if they are having thoughts of suicide. This training also helps to reduce stigma surrounding mental health. The more members of the campus community who are trained, the more awareness and better understanding of mental health concerns are apparent on campus. This can help to enable conversations around mental health as well as enable someone to feel more comfortable seeking help or referring someone to help.

### **Mental Health Screenings**

The University of Idaho participates in four national mental health screening programs which involve screening students for mental health issues and providing information and referrals for counseling. We consider mental health screening an effective method for contacting students, informing them about significant mental health issues and providing individualized feedback regarding their concerns. The strength of our screening programs is in our collaboration with Vandal Health Education, University Housing and the Athletic Department. This was also the first year that the CTC offered screenings for cannabis usage. The screenings associated with National Depression Screening Day are most likely to identify students who may be at risk for a suicide attempt, although screenings for anxiety, alcohol and substance abuse and eating disorders may also identify at-risk students.

### **Suicide Awareness Week (170 5k participants)**

This week is centered around World Suicide Prevention Day. Several activities and trainings are offered during this week to facilitate awareness of and a conversation around suicide. QPR Gatekeeper Training is provided this week for the U of I community allowing for better understanding and skill building. Tabling events that promote help seeking and coping strategies are held, which facilitate peer to peer conversations around mental health and suicide and provides students with resources. The Mental Health Film Series provides students the opportunity to talk about media portrayal of suicide, ask questions, and connect with resources. The Suicide Awareness 5k provides participants the opportunity to engage in physical activity while learning about resources and self-care strategies and see how many others are invested in suicide prevention. Participants also get shirts which can help promote the idea that students are not alone and the community cares beyond the event itself.

### **University of Idaho Workshops**

#### **Mental Health 101 (4 workshops, 25 participants)**

A workshop available upon request that covers anxiety and depression and how to help a friend. Through interactive components participants can learn what mental health is, warning signs, and how to support someone who is experiencing these concerns. This can help participants identify when someone may be experiencing a mental health concern and deepen their understanding and empathy further enabling them to add to an open conversation about mental health and encourage help-seeking.

#### **Stress Management (20 workshops, 209 participants)**

A workshop available upon request that defines stress and identifies strategies for participants to manage stressful times. This workshop can help students identify their stress and talk about it with their peers. Activities in this workshop may open the door to conversations about mental health in a way that is accessible and relatable. Campus resources are shared during this workshop.

#### **Fresh Check Day (260+ participants)**

Fresh Check Day is a celebratory Mental Health Fair that connects students to resources and allows them to participate in activities meant to promote mental wellness and community connection. Campus partners include the CTC, Housing and Residence Life, Violence Prevention Programs, the LGBTQA Office, Campus Recreation, and the Center for Volunteerism and Social Action. This event allows students to connect face to face with campus resources and continue the conversation about mental health. Students also engage in activities at a booth that directly covers suicide, so that students can learn about warning signs and resources. Evaluation of this event consistently finds that students are better able to understand the warning signs of suicide, and more confident in their ability to reach out to a friend in distress.

**Awareness Activities (Therapy Dogs: 13 sessions, 1,068 participants; Dash After Dark 120 participants; Tabling: 9 events, 379 participants)**

The Counseling & Testing Center and Vandal Health Education both offer ongoing tabling in high-traffic areas on campus to promote mental health resources available to students and how to help a friend who may be thinking about suicide. Promotional materials for the CTC counseling line are also periodically promoted through flyers, posters, Arg ads, wallet cards, workshops. In addition, Vandal Health Education hosts a variety of de-stress and health promotion initiatives where information about services is routinely shared and promoted (i.e. therapy dogs, Well Space Wednesday, Dash After Dark, Stress & Nutrition workshops, nutrition counseling, etc.).

**Mental Health Film Series (7 films, 79 participants)**

The goal of this program is to further conversations about mental health on campus while providing the opportunity to explore representation of mental health in the media. Once a month a film is shown that highlight a mental health concern and a panel discussion follows. A staff member from the CTC has attended each screening as a member of the panel discussion to answer questions that participants had as well as discuss support options on campus. The films to date have covered suicide, bipolar disorder, PTSD, substance use, and emotional wellness. This program allows students to ask questions about mental health concerns, discuss how media portrayals may impact perception of mental health concerns, and increase understanding of these mental health concerns while connecting with resources.

# Appendix A - Executive Order



*Executive Department*

*State Capitol*

EXECUTIVE DEPARTMENT  
STATE OF IDAHO  
BOISE

## **EXECUTIVE ORDER NO. 2018-08**

### **ESTABLISHING THE IDAHO COUNCIL ON SUICIDE PREVENTION**

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*WHEREAS, Idaho's suicide rate consistently ranks it among the top ten states for number of suicide deaths per capita; and*

*WHEREAS, in 2017, suicide was the second leading cause of death for Idahoans aged 10-34; and*

*WHEREAS, in 2017, 393 people died by suicide in Idaho, a 12-percent increase over 2016; and*

*WHEREAS, the rate of death by suicide is particularly high in rural areas;*

*NOW THEREFORE, I, C.L. "BUTCH" OTTER, Governor of the State of Idaho, by virtue of the authority vested in me under the Constitution and laws of the State of Idaho do hereby order the following:*

- 1. The Council's responsibilities shall be:*
  - a. To advise the Governor's Office on death by suicide in Idaho and efforts to prevent it;*
  - b. To be a proponent for suicide prevention, intervention, and postvention in all regions of the State;*
  - c. To work with the Department of Health and Welfare Suicide Prevention Program, Community Advocates and Stake-holders to monitor the progress of the statewide Idaho Suicide Prevention Plan;*
  - d. To prepare an annual report on the Plan implementation and progress for the Governor and Legislature;*
  - e. To ensure the continued relevance of a Suicide Prevention Plan for the state.*
- 2. The Governor shall appoint all members of the Council with state regional representation in mind. The Council shall include representatives from:*
  - a. The office of the Governor*
  - b. The Idaho House of Representatives*
  - c. The Idaho Senate*
  - d. The Department of Health and Welfare Suicide Prevention Program*
  - e. The Department of Health and Welfare Division of Behavioral Health*
  - f. The Department of Juvenile Corrections*
  - g. The Department of Corrections*
  - h. The Department of Education or a School District*
  - i. Veterans Affairs or Veterans Services*
  - j. An Idaho Tribe*
  - k. The Idaho Commission on Aging*
  - l. Idaho youth representative*



- m. *Idaho Hospital Association or a hospital representative*
- n. *Idaho Medical Association or a medical doctor*
- o. *A community mental health professional*
- p. *A mental health advocacy organization*
- q. *At least two suicide prevention advocacy organizations*
- r. *A suicide attempt or loss survivor*
- s. *A law enforcement officer or first responder*
- t. *A county coroner*

○

3. *Council member shall:*

- a. *Serve for a term of three (3) years;*
- b. *The Governor shall appoint the Chair of the Council;*
- c. *The Council shall meet in person annually;*
- d. *The Council shall not exceed twenty (20) members; and*
- e. *The Suicide Prevention Program will act as staff for the council and provide a council budget.*

*IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho in Boise on this 25<sup>th</sup> day of September, in the year of our Lord two thousand and eighteen and of the Independence of the United States of America the two hundred forty-third and of the Statehood of Idaho the one hundred twenty-ninth.*



C.L. "BUTCH" OTTER  
GOVERNOR



LAWRENCE DENNEY  
SECRETARY OF STATE

# Appendix B – 2019 Council Membership Roster

*Table 1: Idaho Council on Suicide Prevention 2019 Membership Roster*

Name	Agency/Organization	Executive Order Representation	City/Town
Broncho, Krissy	Shoshone-Bannock Tribes	Idaho Tribes	Fort Hall
Fritz, Sharon	IDHW Division of Public Health	IDHW Suicide Prevention Program	Boise
Griffin, Jeni		Loss Survivor	Idaho Falls
Hatzenbuehler, Linda	Psychologist	Mental Health Professional/Chair	Pocatello
Martin, Fred Sen.	Idaho Legislature	Legislature: Senate	Boise
Oliason, Pam	Commission on Aging	Commission on Aging	Boise
Owens, Dotti	Ada County Coroner's Office	County Coroner	Boise
Perusse, Catherine	NAMI	Mental Health Advocacy	Sandpoint
Pierce, Mary	Boise VAMC	Veterans Services	Midvale
Santos, Neva	Idaho Academy of Family Physicians	Medical	Boise
Stanger, Carmen	American Foundation for Suicide Prevention	Suicide Prevention Advocacy	Boise
Studebaker, Eric	Dir. of Student Engagement & Safety Coordination	State Department of Education	Boise
Waite, Renee	Department of Juvenile Corrections	Juvenile Corrections	Twin Falls
Wilder, Stewart	Live Wilder Foundation & Idaho Suicide Prevention Coalition	Suicide Prevention Advocacy	Boise

# Appendix C - Acronyms

AAFP- American Academy of Family Physicians  
ACE-SI – Ask, Care, Escort - Suicide Intervention  
ADRD- Alzheimer’s disease and related dementias  
AFSP- American Foundation for Suicide Prevention  
ASIST- Applied Suicide Intervention Skills Trainer  
CALM- Counseling on Access to Lethal Means  
CAMS- Collaborate Assessment and Management of Suicidality  
CEI-College of Eastern Idaho  
CIT- Crisis Intervention Team  
CME- Continuing Medical Education  
CSP- Community Suicide Prevention  
C-SSRS- Columbia Suicide Severity Rating Scale  
CTC- Counseling and Testing Center  
CYA- Community Youth in Action  
ERIMC- Eastern Idaho Regional Medical Center  
GLS- Garret Lee Smith  
IAFP-Idaho Academy of Family Physicians  
ICA- Idaho Caregiver Alliance  
ICOA- Idaho Commission on Aging  
IDARNG- Idaho Army National Guard  
IDHW- Idaho Department of Health and Welfare  
IDJC- Idaho Department of Juvenile Corrections  
IDOC- Idaho Department of Corrections  
IDSH- Idaho Suicide Prevention Hotline  
IDVDRS- Idaho Violent Death Reporting System  
ILP- Idaho Lives Project  
ISPAC- Idaho Suicide Prevention Action Coalition  
JFAC- Joint Finance Appropriation Committee  
KPA- Key Performance Area  
MAYSI-2- Massachusetts Youth Screening Instrument Version 2  
MHFA-Mental Health First Aid (A-Adult or Y-Youth)  
MSPI- Methamphetamine and suicide Prevention Initiative  
PHQ-9- Patient Health Questionnaire-9  
QPR- Question, Persuade, Refer  
RBHB- Region Behavioral Health Board  
REACH VET- Recovery Engagement and Coordination for Health- Veterans Enhanced Treatment

SAMHSA- Substance Abuse and Mental Health Services Administration  
SDE- State Department of Education  
SIO- Suicide Intervention Officers  
SIPH-Southeast Idaho Public Health  
SOS- Source of Strength  
SPAN- Suicide Prevention of the Inland Northwest  
SPARC- Suicide Prevention Among Recipients of Care  
SPED- Suicide Prevention in the Emergency Department  
SPIN-Suicide Prevention of the Inland Northwest  
SPP- Suicide Prevention Program  
SPRC- Suicide Prevention Resource Center  
SPT- Suicide Prevention Training  
SSP- Source of Strength Program  
TPT- Targeted Prevention Training  
URI- Unit Risk Reduction Inventories  
URR- Unit Risk Results  
VAMC-Veteran Affairs Medical Center  
YMHFA-Youth, Mental Health First Aid